

Aging and Volunteer Services

Serving Buncombe, Henderson, Madison, and Transylvania Counties



Vol 2 - Issue 1: February - April 2013

AAA Project C.A.R.E. Joins Land-of-Sky Regional Council's Area Agency on Aging

Beginning January 1, Land-of-Sky Regional Council became the new Host Agency for Project C.A.R.E. (Caregiver Alternative to Running on Empty). Project C.A.R.E. was previously hosted by Park Ridge Health in Henderson County. Project C.A.R.E. can assist caregivers of people with dementia by providing a Family Consultant to help resolve caregiving issues. The Family Consultant can also connect caregivers with community resources and arrange funding to help pay for temporary relief, known as "respite" care. Project C.A.R.E. helps reduce caregiver stress and exhaustion so that people with dementia can remain at home for as long as possible.

Project C.A.R.E. staff:

Len Erker, Director of Respite

Tricia Adell, Data and Finance Manager

Heidi Kimsey, Family Consultant (Haywood, Jackson, Swain, Graham, and Macon Counties)

Nancy Hogan, Family Consultant (Buncombe, Henderson, Madison and Transylvania Counties)

Ruth Price, Family Consultant (Yancey, Mitchell, Avery, McDowell, Rutherford, and Polk Counties)

Wilhelmenia Pledger, Family Consultant (Forsyth, Stokes, Surry, and Yadkin Counties)

Project C.A.R.E. staff can be reached at Land-of-Sky Regional Council's main number at 251-6622. Len Erker, the program director, will take your call or you can leave a message for one of the program staff to call you. Call us at any time with your questions/comments or visit www.landofsky.org/projectcare for more information.

A&VS Even More Changes in the Aging and Volunteer Services

Ombudsman Lee Ann Smith and Project Assistant Brenda DelaCruz have announced their departure from Land-of-Sky Regional Council. Lee Ann has accepted a position at Community Care of WNC, while Brenda is retiring.

Lee Ann came to the AAA in 2006. She has primarily served as Ombudsman for the Buncombe County Nursing Home system, but has also covered some of the Buncombe County Adult Care Homes and long-term care facilities in Transylvania County. Brenda became a participant in Land-of-Sky Regional Council's Senior Community Services Employment Program (SCSEP) in 2004. In 2006, Brenda was hired by LOSRC as the SCSEP Assistant Job Developer. Since then, Brenda has worked as the Project Assistant for both the Area Agency on Aging and the Volunteer Services Department. **We will miss both ladies greatly!**



L-R: Len Erker, Vicki Jennings, Heidi Kimsey, Nancy Hogan, Terry Collins, LeeAnne Tucker, Pat Hilgendorf, Shanaia Powell, Jennifer Atkinson, Lee Ann Smith, Carol McLimans, Sherry Christenson, Rebecca Chaplin, Linda Kendall Fields, Stacy Friesland, Patti Cameron, Brenda DelaCruz, Mary O'Shannon, Christina Giles, and Tricia Adell.

Not Pictured: Barbara Hinshaw, Ruth Price and Wilhelmenia Pledger

Website: www.landofsky.org
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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 Caregivers Often Don't Know Where to Start

The Family Caregiver Support Program (FCSP) provides information, assistance with access to services, and education to help family caregivers in their caregiving role and to help them maintain their own health. The FCSP contracts with agencies in each county to provide respite (occasional relief) for caregivers by providing limited funding for adult day programs, home, and/or short term institutional care.

Caregivers are often unaware of the services available and how to get help. Some caregivers don't know where to start or what questions to ask. Carol McLimans, Family Caregiver Specialist, helps them identify needs and access appropriate services. Often caregivers are looking specifically for respite and have questions about home care and adult day programs or they want to know if there are caregiver support groups and when and where they meet.

The FCSP partners with others to update, print and distribute a Senior Services Directory for each Region B county. There is a link to these directories on our website. The Family Caregiver Specialist also maintains a list of home health and home care providers, adult day services providers, and support groups that can be mailed or e-mailed to caregivers in need of this information. These lists can also be accessed from our website. We plan to e-mail those on our lists at least twice a year to see if there are changes. Corrections or additions should be submitted to carol@landofsky.org.

For information about services and resources for all ages call 2-1-1. Their information and referral specialists can help you find what you are looking for. For a comprehensive list of resources and services see their website www.211.wnc.org. For information about services for older adults in other regions or states call the Eldercare Locator 1-800-677-1116 or see their website www.eldercare.gov.

FCSP Laughter is the Best Medicine

The Family Caregiver Support Program provided caregivers with a day of laughter at the Second Annual Fun Friday for Family Caregivers event on November 9. There were 21 sponsors and about 60 participants.

LAUGH TO BE WELL ** BECOME A CERTIFIED LAUGHTER YOGA LEADER **

Don't miss this opportunity to become a certified laughter yoga leader! Laughter yoga is now recognized as an evidence based program due to its' proven health benefits. The concept of Laughter Yoga is based on the scientific fact that whether laughter is simulated or real, the body cannot tell the difference and the benefits will be the same. Laughter Yoga effectively decreases stress, strengthens the immune system, increases endorphins, the "feel good" chemicals in the brain, decreases and controls blood pressure, decreases heart rate and fights depression.

A three-day training program for Laughter Yoga leaders will be held at Givens Estate, April 16 - 18. Continuing education credits are available for social workers and activity professionals and this training is provided at a discount in order to increase participation in North Carolina. For details and a registration form contact the trainer Cindy Miles: cindy@regiona.org, 828-339-2218. Cindy is a highly trained and experienced Laughter Yoga leader and trainer.



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.

PC Project C.A.R.E.

Project C.A.R.E. (“Caregiver Alternatives to Running on Empty”) can assist caregivers of people with dementia by providing a Family Consultant to help resolve caregiving issues, connect caregivers with community resources, and arrange funding to help pay for temporary “respite” care. Project C.A.R.E. helps reduce caregiver stress and exhaustion so that people with dementia can remain at home for as long as possible.

SCSEP SCSEP Update

The SCSEP is at 20 participants but due to some movement – one left, two may be moving to new host agencies to hone their skills further – we can still use some more agencies in Henderson County. We have received several calls lately from that area from people interested in the program.

Even though we don’t have enough participants at this time, we continue receiving calls (several a week) from people interested in the program. We hope to be able to expand our host agencies and take on two more participants for them for these last six months of the grant year.

With the help from the Finance Department we seem to be keeping a steady pace with our expenditures, and we should be able to spend all the money by the end of the grant year.

However, we still need information about new businesses (large or small) in the different counties. Any information that could be shared by the local development boards would be most appreciated. Contact Jennifer Atkinson at 251-6622 or email jatkin@landofsky.org.

PC NC REACH - A Personalized Program for Alzheimer’s Family Caregivers

NC REACH (North Carolina Resources for Enhancing Alzheimer’s Caregiver Health) is a personalized program for caregivers of persons living at home with dementia or Alzheimer’s. Taking care of someone with a memory disorder can be overwhelming, exhausting and stressful. Those caregivers may be at risk for poor health and depression.

This program provides caregivers with tools and strategies that will help to protect your own health and well-being. It also provides the caregiver with skills to help make the role as a caregiver more effective. It is adapted in the privacy of your own home to your specific situation. The program has been tested nationally and is shown to produce many important benefits.

To learn more about the program, call Project C.A.R.E. at 251-6622 and ask for a Family Consultant. This program is provided by the North Carolina Division of Aging and Adult Services.

STHL STHL Update

The Senior Tar Heel Legislature is pleased to announce that Ann Bass is the new Alternate for Buncombe County. Ann has worked in the field of senior education and services for more than a decade. She has served as the Marketing Director for Givens Estate United Methodist Retirement Community and Director of College for Seniors at UNC Asheville, and currently is the Owner/Manager of a Lighter Move, LLC. Ann’s knowledge and experience will be an asset to the Senior Tar Heel Legislature.



L-R: Ann Bass, Buncombe County Alternate; Charles Dickens, Buncombe County Delegate; Delores Stroup, Transylvania County Delegate; Calvin Titus, Henderson County Delegate.

Not Pictured: Jack Roberts, Madison County Delegate

A&VS Land-of-Sky Regional Council’s New Website

Land-of-Sky Regional Council is excited to announce the launch of our new website! Here you can explore our variety of services and programs, learn about our member governments, and keep up-to-date on meetings and events in our region. But, pardon our progress as we expand our new site. Over the next month, we will be updating the site regularly. We hope this new improved resource will be beneficial to our region. Happy browsing!



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.

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.

HPDP

Cancer and You

When you hear the word, cancer, it probably touches you somehow. I know it does for me. I lost my mom to breast cancer in 1999. This was my first of many brushes with cancer. The reality is that most of us have been touched by cancer – either through our own experience or that of a loved one.

Since working at the Area Agency on Aging (AAA), I have witnessed three of our community leaders live and die with cancer. Many of us knew Joe Connolly, the previous AAA Director who lived and died courageously with brain cancer. Kathy Thorpe who worked as a family and consumer agent at Transylvania County’s extension office was another leader and advocate for seniors who died after living with cancer. Most recently, Jim Stokoe, a powerful community leader at LOSRC, completed his journey after his experience with brain cancer.

Cancer is an epidemic of our times. In the past, cancer may have been a death sentence. Now there are many instances in which cancer is overcome or managed and is considered to be a chronic (or ongoing) health condition rather than a terminal one. I have witnessed many powerful examples of leaders and community members living a meaningful life after their battle with cancer.

There are things we can do to reduce the negative impact that cancer can on our lives. (1) Prevention (2) Early Detection (3) Self-Management

Prevention is vital. Numerous research studies suggest that a diet rich in fruits, vegetables and whole grains, being physically active and not smoking are some of the best cancer preventive measures.

Even with good preventive activities many are still diagnosed with some type of cancer over the course of a lifetime. In many instances, **early detection** improves survival and treatment options. To the right, you will find two activities taking place in Madison County to encourage early detection.

Good self-management is the final ingredient to living a healthy life with or without cancer. We are taught many things in school, life and in the health care system. Good self-management is rarely a topic. Consider joining a chronic disease self management program (also known as Living Healthy) to learn how to practice self-management. Visit www.livinghealthywnc.org.

In conclusion, cancer affects all of us. The opportunity herein is to live a healthy life regardless – this includes prevention, early detection and using self-management tools to maintain well-being and make important health care decisions. We, at the AAA, want to support our citizens in having a meaningful experience of life with or without cancer. ~Rebecca Chaplin

Madison County Survey about Colon Cancer Screenings

Researchers will be in Madison County conducting a survey about colon cancer screening this winter and are looking for people who are low-income (\$45,000/yr or less) and 50-75 years old. The purpose of the survey is to find out how people make decisions about being screened for colon cancer. The survey will take about 45 minutes and all participants will receive a \$35 gift card.

If you are interested in taking the survey, call 318-3361 or e-mail screenforcancer@unc.edu to find out if you are eligible and to set up an appointment. By learning how people decide whether or not to be tested, researchers plan to develop ways to increase screening for colon cancer and reduce the number of people who die from it.

Madison County Community Health Advisor Program

The American Cancer Society recently launched its Community Health Advisor (CHA) Program in Madison County with nine newly trained CHA Volunteers on board and ready to take client referrals. The program trains local women who then seek to improve the health of people in their communities.

The goal is to have traditionally under served Madison County residents get the appropriate screenings for breast, cervical and colon cancers. The CHAs will help those at risk to navigate the screening process by assessing client’s needs and barriers to screening, and help connect them to resources to overcome the barriers - be it financial, informational or because of lack of transportation.

Are you a woman over 40 years of age in Madison County and need access to information and resources about cancer screenings? Contact Kathlene Stith 675-0305 or Kathlene.Stith@cancer.org for a referral.

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

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.

A&VS

What's New with Medicare in 2013?

1. Get help with your New Year's resolutions - Have you vowed to quit smoking this year? Lose some pounds? Take better care of yourself? Medicare can help! Thanks to the Affordable Care Act, people with Medicare can get many free preventive services to improve their health and well-being. New in 2013, Medicare Part B covers eight face-to-face counseling sessions for people who want help to stop smoking. Part B also offers obesity screening and intensive counseling.

2. Find an easier-to-read summary of benefits - If you're in Original Medicare, you'll find your summary of benefits notice is now much easier to understand. The notices also include step-by-step instructions on how to check them for accuracy, make an appeal, or report any potential fraud.

3. Save more when you reach the prescription drug coverage gap - People with Medicare drug coverage under Part D who enter the "donut hole," or prescription coverage gap, will continue to see discounts in 2013, as the coverage gap continues to close by 2020. Beneficiaries will get a 21% discount on all generics covered by their Part D plan, and a 52.5% discount on all brand-name covered drugs. These discounts are automatically applied at the pharmacy.

4. Pay less for outpatient mental health treatment - In 2013, people enrolled in Medicare Part B will pay less coinsurance for outpatient mental health care treatment. The amount is 35%; Medicare pays the remaining 65%. For initial diagnosis, you'll continue to pay only 20% of the cost, with Medicare covering the rest. Part D plans are allowed to cover benzodiazepines and barbiturates such as those used to treat a chronic mental disorder, epilepsy, or cancer.

5. Pay slightly higher premiums for Medicare - The monthly cost of Medicare Part B will increase by a few dollars in 2013.

You can also meet with a certified SHIIP Volunteer Counselor in your community to discuss your Medicare options. To arrange an appointment contact the SHIIP Coordinating Site in your county or call SHIIP at (800) 443-9354, visit www.ncshiip.com.

Local SHIIP offices are: (Ask for SHIIP Help)

Buncombe: Council on Aging, 277-8288, Nathan Johnson
 Madison: Community Services, 649-2722, Penny Buckner
 Transylvania: Extension Service, 884-3109, Eric Caldwell
 Henderson: Blue Ridge Mall, 692-4600

A&VS

Medicare Choices Made Easy



The Council on Aging of Buncombe County in conjunction with Senior Health Insurance Information Program (SHIIP) announces classes, Medicare Choices Made Easy, for the first quarter of 2013. The classes will explain how Medicare works, the enrollment process, how to avoid penalties and ways that beneficiaries might save money.

The classes are free and open to the public. People new to Medicare, caregivers and others who help senior citizens with their Medicare insurance should consider attending this informative class.

Call John Wingerter at the Council on Aging at 277-8288 for more information or to reserve your place.

Class Schedule:

February 6	3 – 5 pm West Asheville Library
February 8	2 – 4 pm Reuter Center at UNCA
February 21	3 – 5 pm Enka-Candler Library
March 12	3 – 5 pm Leicester Library
March 14	3 – 5 pm Black Mountain Library

Coming in May

Older Americans Month - May is the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. This year's theme is **Unleash the Power of Age**. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experiences with their families, friends and neighbors.



OLDER AMERICANS MONTH 2013

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.

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.

LTCOP Protect Seniors in the Year of Elder Abuse Prevention

Every year an estimated 2.1 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as five cases go unreported. Elder abuse happens, but everyone can act to protect seniors.

The Administration on Aging (AOA), an agency of the Administration for Community Living, is sponsoring the Year of Elder Abuse Prevention (YEAP) to encourage national, state, and local organizations to protect seniors and raise awareness about elder abuse, neglect, and exploitation.

As part of the YEAP, the AOA is pleased to provide information, tools, and resources to support partners in their efforts to raise public awareness about elder abuse and shed light on the importance of preventing, identifying, and responding to this serious, often hidden problem. Please Protect Seniors and join us in taking a stand against elder abuse this year! Commit to do something extra this year to raise awareness in your community about elder abuse, neglect and exploitation. Resources include:

- Fact Sheets: 10 Things Anyone Can Do to Protect Seniors
 - Warning Signs of Elder Abuse
 - How to Answer Those Tough questions About Elder Abuse
 - Protect Yourself From Abuse, Neglect and Exploitation
- YEAP Outreach Guide: How Your Organization Can Generate Awareness and Foster Action to Guard Against Elder Abuse
- Logos, a poster, customizable YEAP templates for power point, fact sheet/newsletter, event fliers, certificates, web banners, and social media tools.

We also have a booklet available from the Elder Care Locator called "Protect Your Pocketbook: Tips to Avoid Financial Exploitation." Go to www.aoa.gov/YEAP.html to download the resources. Call the AAA if you do not have internet access and would like to obtain these materials.



Financial Fraud, Scams and Exploitation Summit

Wednesday, March 27, 2013

AB Tech - Simpson Hall, 340 Victoria Road, Asheville

9:30 am - 12:30 pm

Financial Institutes, Human Service Organizations and Members of the Business Community are invited to the 4th Annual Summit. This meeting will focus on how elders and people with disabilities are affected in our region. State and local professionals will address the financial crimes committed against people each day and how we can help.

To register, email mariah@landofsky.org.

Sponsored by a sub-committee of the Aging Coordinating Consortium of Buncombe County.

Exploitation Workshop - Know Who to Trust

Wednesday, March 27, 2013

AB Tech - Simpson Hall, 340 Victoria Road, Asheville

2:00 - 4:00 pm

Open to the public. Come learn how to:

- Protect your prescription drugs,
- Safeguard your financial resources,
- Protect your private information,
- Plan for your future and know what steps to take,
- Ask questions and get free information.

Refreshments provided.

Space is limited, rsvp to mariah@landofsky.org.

Presented by Buncombe County TRIAD

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 Buncombe County Nursing Home CAC Awards 2012 Enhancement Grant to Givens Estate

This year's Enhancement Grant, sponsored by the Buncombe County Community Advisory Committee (BCNHCAC), was awarded to Givens Estates' Activity Therapy Department. It is their intention to use the \$500 cash award to purchase equipment and supplies for holistic interventions that will address persistent or occasional pain.

The announcement was made in December 2012. Susan Goforth, Activity Therapy Director, submitted the proposal along with many other regional nursing homes with dynamic and worthy projects. The BCNHCAC would like to sincerely thank all the applicants for their thoughtful submissions and encourages all of them to seek other resources to fund these worthwhile projects in hopes of improving the quality of life for all our residents. If you know of resources that may support quality of life projects in our regional nursing homes, please contact the Ombudsman office.

AAA 2013 NC Care Transitions Summit

The statewide conference will feature national, North Carolina, and local perspectives on innovative strategies to improve transitions in care, with a focus on participation, action, and collaboration. Representatives from across the care continuum will share their insights and expertise on person-centered, effective practices and methods for overcoming barriers.

The summit will bring together healthcare providers, community-based service providers, consumer advocates, and other community organizations interested in improving person-centered quality services and supports for those who transition from one healthcare setting to another.

Friday, March 1

Greensboro Marriott: Downtown

Registration fee is \$35 before Feb 8 and \$50 after. Deadline is Feb 15. To register go to www.ncha.org/education/register-for-a-meeting (select non-member) or call James Hayes at 919-677-4140 or jhayes@ncha.org.

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 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.

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.

New CAC Members

The Ombudsman Program is looking for new volunteers for the Community Advisory Committee's in Buncombe, Henderson and Madison counties. If you are interested, please call the Ombudsmen at 251-6622.

Thanks and Farwell to:

Kelly Stamey and Lana Wilde - BC ACH CAC

Everett Sauer, Arthur Lebowitz and Cynthia Bantsolas - HC ACH/NH CAC

Dot Cody, Bruce Frost, and Wyllene Skipper - MC ACH/NH CAC

Thank you for your services!

You will be missed!



CAC Meeting Calendar

Buncombe County ACH: Feb 15, Mar 15, Apr 19

Buncombe County NH: Apr 18

Henderson County ACH/NH: Feb 13, Mar 13, Apr 10

Madison County ACH/NH: TBA

Transylvania County ACH/NH: Apr 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 What are you doing for others?

On Monday, January 21, Martin Luther King, Jr. Day of Service, Land-of-Sky Regional Council's Senior Corps Programs and Hands On Asheville-Buncombe came together to celebrate Dr. King's work by creating an opportunity for community residents of all ages to give back to their neighbors, their friends, and their community by answering Dr. King's question, "What are you doing for others?"

One hundred and fifty community volunteers gathered at Land-of-Sky Regional Council's offices to work on eight United Way Hands On service projects that benefit local non-profits and schools in the region. "Many of these projects are items that give added value to non-profit programs, such as the Valentine's cards for Meals on Wheels clients. Staff is truly appreciative of the work that volunteers put in to allow them to provide this special act of kindness to their clients. This simple project helps address the isolation and loneliness that many homebound seniors experience," said LeeAnne Tucker, Director of Aging and Volunteer Services at LOSRC.

This was a successful collaborative project between National Service Members, including RSVP, Foster Grandparents, Senior Companions, AmeriCorps Project Conserve, Hands On AmeriCorps VISTA members and Hands On volunteer leaders. In total 150 volunteers, (including 29 youth) contributed 394 hours, collected over 50 pounds of food for Manna Food Bank and completed eight Hands On projects. Volunteers created 150 bookmarks for the Pages Opening People (POP) Project, 44 "You're My Hero" thank you letters for the Asheville Fire & Police Departments, 137 Teachers Pet math game packets for Buncombe County elementary school students, 32 pre-school number booklets, 204 thank you cards for veterans residing at Asheville Buncombe Community Christian Ministry's Veterans Quarters and 140 Valentine's Day cards for Meals on Wheels clients. In addition, 44 Project Linus blankets were completed and 66 lucky rescue dogs at the Asheville Humane Society will receive "Adopt Me" bandannas. In total 748 community members will be touched by the work done on this day. Thank you to all that participated and helped to make this day a success!



A&VS AARP Free Tax Assistance

AARP Foundation Tax-Aide, in cooperation with the I.R.S., NC Department of Revenue, Buncombe County Library System, and the Council on Aging of Buncombe County, will offer free tax preparations for taxpayers with low- and moderate-income with special attention to those age 60 and older. This service will be available from February 1 to April 15. Both Federal and NC State tax returns will be electronically filed for safe and accurate preparation and faster refunds.

Pack Library, Downtown Asheville	Mondays, 10 am - 4 pm and Wednesdays, 10 am - 4 pm
West Asheville Library, 942 Haywood Road	Tuesdays, 9 am - 4 pm
Weaverville Public Library, 41 North Main Street	Thursdays, 10 am - 4 pm
Black Mountain Library, 105 N Dougherty Street	Tuesdays, 10 am - 4 pm

Visit www.caobc.org for a detailed list of required documentation. Questions and requests for homebound individuals can be directed to the Council on Aging of Buncombe County, Inc at 277-8288.

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.

VS

National Volunteer Week is April 21 - 27, 2013

National Volunteer Week celebrates ordinary people doing extraordinary things to improve communities across the nation. This one week highlights the enormous contributions that volunteers make every day. Celebrate service, captures the meaning of this signature week: Honoring the people who dedicate themselves to taking action and solving problems in their communities and presents an opportunity for individuals, families, nonprofit organizations and government entities alike to celebrate the ordinary people who accomplish extraordinary things through service. National Volunteer Week embodies the energy and power volunteers evoke on a daily basis as they lead by example—not only encouraging the people they help, but motivating others to serve as well.



National Volunteer Week, April 21-27, 2013 is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change—discovering and actively demonstrating their collective power to foster positive transformation.

This is the perfect opportunity for your organization and volunteers to seize the moment and share the national spotlight that National Volunteer Week deservedly receives. Simultaneously, you can leverage this brief window of national opportunity to advance your individual cause and promote volunteer commitment in your community. **Please join us in celebrating the special volunteers that work with you!**

VS

Kathleen Godwin Cole Award

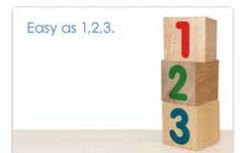
Do you know a volunteer whose leadership and service deserves regional recognition? Land-of-Sky Regional Council's, Kathleen Godwin Cole Award was established in 1990 in memory and honor of Kathleen Godwin Cole who served for several years on the Council's Advisory Council on Aging and was Chairman of its Contractor Relations Committee. She was also Chairman of the Buncombe County Domiciliary Home Community Advisory Committee for several years.

This award is given annually to one Land-of-Sky Regional Council volunteer, aged 55 or better, who has made a major contribution to our region. Nominees need to be from or serve a Region B County - Buncombe, Henderson, Madison or Transylvania.

For a nomination form, go to www.landofsky.org. The deadline for nominations is Monday, April 1, 2013. The award will be presented at the Land-of-Sky Regional Council board meeting on Wednesday, April 24, 2013.

RSVP

Getting Involved with RSVP is Easy!



RSVP is your volunteer center for the second half of life. We offer over 650 volunteer opportunities through 120 partnering non-profits in Buncombe, Henderson, Madison and Transylvania Counties. If you are looking to give back a few hours a week to your community we are here to help.

Getting started with RSVP is as easy as 1,2,3 4. You can meet one-on-one with our RSVP Coordinator, if you are tech savvy, you can utilize our website at www.landofskyrsvp.org, which lists all our opportunities and has an online enrollment form. If you live in Asheville why not drop by one of our monthly information session at the Osher Center for Lifelong Learning at UNCA? We even have a RSVP Volunteer Center located at Silvermont Opportunity Center in Brevard. Getting started with RSVP has never been so easy!

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

Operation Toasty Toes

Barb Sanders has been making items for Operation Toasty Toes from her home for the past two years. Her specialty is making knitted Dickey's. Each quarter she would drop by the office to hand over a bag filled with lovingly created items for the troops and pick up more yarn for the next batch.

Never in her wildest dreams did she expect to hear back from one of the many faceless soldiers that have received one of her dickeys until this January when in her mailbox she found a curious official looking letter with an Army post office address. She quickly opened it to discover a certificate of appreciation form the headquarters of the International Security Assistance Force in recognition of her support of Operation Enduring Freedom through her volunteer work with Operation Toasty Toes.

To say the least Barb was over the moon with excitement. Barb and the other Toasty Toes volunteer make hand crafted items for our troops to help lift their spirits and let them know that someone at home appreciates and supports them in their service to our country. Getting such a response is a confirmation to all of us hard working crafters that we have indeed touch many lives through our work. RSVP always needs more volunteers to assist with the mission of Toasty Toes. You can work from home or join a Toasty Toes group in Hendersonville or Transylvania County. Give our offices a call for more information.



Toasty Toes Chair Patricia Pirog delivering items to injured troops at Fort Gordon, GA.

RSVP

RSVP and the White Squirrel Radio

The RSVP Volunteer Center in Brevard is happy to announce its new radio program. Tune in the second Thursday of each month at 11:30 am for an update on current volunteer needs, non-profit events and donation requests. This new venture is an extension of our RSVP Volunteer Center at Silvermont and the United Ways Get Connected virtual volunteer center. Its intention is to increase our effectiveness in reaching potential volunteers in Transylvania County to help fill the counties many volunteer needs. We thank Kimba Colley Nichols, WSQL News Director, for partnering with us to make this important service to the community possible. You can listen to the White Squirrel live screaming at www.wsqradio.com.



RSVP

RSVP Welcomes SCORE - Henderson County

We are happy to announce we have expanded our partnership with SCORE to Henderson County. SCORE is a national organization of eleven thousand volunteers with extensive business experience with a mission is to help small startup and ongoing businesses. The Henderson County SCORE is located in the old Federal Building in downtown Hendersonville and is currently in need of eight new volunteers. If you have business experience in marketing, business plans, human resources, legal patents etc., then please consider sharing your expertise to help build a stronger economy for our community. Opportunities to serve through SCORE are now available in Henderson, Buncombe and Transylvania Counties give our office a call to get involved.

RSVP

RSVP Refer a Friend Drawing

One of the best ways to recruit new volunteers is through word of mouth. Some of our best recruiters are RSVP Volunteers themselves. We would like to congratulate Kathe Harris of Brevard for referring Woody Dyches to the RSVP program. Thank you for helping RSVP to meet its goals. There is a \$50 Visa gift card in the mail for you!



February

- 6 **Living Healthy w/ Chronic Condition begins*** Lakeview Senior Center, 4-6:30 pm
- 6 **Living Healthy w/ Chronic Condition begins*** Shiloh Community Center, 12-2:30 pm
- 7 **Living Healthy w/ Chronic Condition begins*** Vanderbilt Apartments, 1-3:30 pm
- 7 **Living Healthy with a Chronic Condition begins*** Park Ridge Health, 1 - 3:30 pm
- 8 **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 9 - 11 am
- 11 **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 12 **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 12 **Caregiver Support Program Advisory Committee Meeting**, LOSRC, 11:30 am - 1 pm
- 13 **CRC Leadership Team Meeting**, LOSRC, 10:30 am - 12 pm
- 18 **TRIAD of Buncombe County Meeting**, LOSRC, 2:30 - 4 pm
- 20 **Buncombe County Culture Change in Aging Network (BCCAN) Meeting**, LOSRC, 10 am - 12 pm
- 20 **Tomando Control de Su Salud*** YWCA of Asheville, 10 - 12:30 pm, contact Rebecca at 251-7438 for more info.

Calendar of Events

March

- 1 **2013 NC Care Transitions Summit**, Greensboro NC, see page 7
- 1 **CRC Partnership Meeting**, Traumatic Brain Injuries, LOSRC, 10 am - 1 pm
- 4 **LGBT Elders Advocates Meeting**, LOSRC, 2:30 - 4 pm
- 8 **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 8:30 - 10 am
- 11 **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 12 **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 12 **Living Healthy w/ Chronic Condition begins*** Silvermont Opportunity Center, 4:30 - 7 pm
- 12, 14 **Ombudsman CAC Orientation**, LOSRC, see page 7
- 13 **CRC Leadership Team Meeting**, LOSRC, 10:30 am - 12 pm
- 14 **Senior Volunteer Services Advisory Council Meeting**, LOSRC, 2 - 4 pm
- 20 **Buncombe County Culture Change in Aging Network (BCCAN) Meeting**, LOSRC, 10 am - 12 pm
- 24 **Living Healthy w/ Chronic Condition begins*** Unitarian Universalist Congregation of Asheville 2 - 4:30 pm
- 25 **Living Healthy w/ Chronic Condition begins*** Asheville Family Fitness, 9 - 11:30 am
- 26 **WNC Fall Prevention Coalition Meeting**, LOSRC, 11:30 am
- 27 **Financial Fraud, Scams and Exploitation Summit, AB Tech**, see page 6
- 27 **Exploitation Workshop - Know Who to Trust, AB Tech**, see page 6

* For more information on the Living Healthy with a Chronic Condition workshops, contact Rebecca Chaplin at 251-7438 or visit www.livinghealthywnc.org.

April

- 8 **LGBT Elders Advocates Meeting**, LOSRC, 2:30 - 4 pm
- 10 **CRC Leadership Team Meeting**, LOSRC, 10:30 am - 12 pm
- 11 **Aging Advisory Council Meeting**, Marshall Library, 10 - 11:30 am
- 11 **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 8:30 - 10 am
- 13 **The Scared Journey of Dementia**, First Baptist Church in Asheville, 8:30 am - 4 pm. A conference for people who have been diagnosed with dementia, caregivers, professional, and community members. For more info contact Jane Sherman at janeshermanllc@mac.com or (845) 641-4680.
- 15 **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 16 **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 26 **"Medications" CEU Class**, LOSRC 8:30 am - 1:30 pm, for more info contact Barbara Hinshaw at 251-6622.
- 15,17 **Ombudsman CAC Orientation**, LOSRC, see page 7

21-27 **National Volunteer Week**

CelebrateService
National Volunteer Week
April 21 - 27, 2013

29 **Good Friday, Land-of-Sky Offices CLOSED**



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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 2 - Issue 1: February - April 2013



A&VS

Aging and Volunteer Services Staff

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

AAA

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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 - Buncombe County Aging Plan
Pat Hilgendorf - Caregiver Program Associate
Rebecca Chaplin - Aging Programs Specialist - HPDP and Senior Center
Shanaia Powell - CRC Coordinator
Sherry Christenson - Aging Programs Specialist - Contracts and ARMS
Terry Collins - Regional Ombudsman

VS

Volunteer Services Staff

Patti Cameron - RSVP Coordinator
Stacy Friesland - FGP Manager
Vicki Jennings - SCP Manager



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