

# Aging and Volunteer Services

Serving Buncombe, Henderson, Madison, and  
Transylvania Counties



Vol 2 - Issue 2: May - June 2013

A&VS



## UNLEASH THE POWER OF AGE

OLDER AMERICANS MONTH 2013

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities. This year's Older Americans Month theme—"Unleash the Power of Age!"—emphasizes the important role of older adults. This May, communities across the nation will recognize older Americans as productive, active, and influential members of society.

Older Americans Month celebrations will acknowledge the value that older adults continue to bring to our communities by making an effort to applaud recent achievements of local elders and inviting them to share the activities they do to unleash the power of age. Land-of-Sky Regional Council encourages you to take part in the celebrations by sharing your Older Americans Month resolutions with the U.S. Administration on Aging. Post what you will do this May to unleash the power of age on the AoA Facebook page, and follow up by sharing a picture or story about the experience later in the year.

While Land-of-Sky Regional Council provides services, support, and resources to older adults year-round, Older Americans Month is a great opportunity to show special appreciation! We will continue to provide opportunities for elders to come together and share their experiences with one another, as well as with individuals of other generations. To find out how you can support Older Americans Month 2013 and take part in activities, see the schedule of events below.

- May 12-18** **Seniors - Strive Not To Drive Week:** Walk, bike, carpool, or bus to your destination.
- May 13,15,17** **Adult Tennis Lessons** will be FREE at Silvermont Opportunity Center, Brevard from 9:00-10:00 am.
- May 14** **Successful Aging 2013:** For older adults, caregivers and other interested in aging successfully. Sherrill Center Kimmel Areana on UNC Asheville campus from 8-30 am - 3:00 pm. Contact the Council on Aging of Buncombe County for more information at 277-8288.
- May 14** **Centenarian Celebration** at 1:15 pm at the Kimmel Areana, UNC Asheville (Lunch at 12:15 pm)
- May 15** **Centenarian Celebration** at 2:00 pm at Kingsbridge House, Brevard.
- May 23** **Forest Hike:** Walt Weber will lead a hike starting at the Pisgah National Forest Ranger's Station at 10:00 am.
- May 23** **Rockin' Bowl** in Brevard will offer a free Senior bowl from 3:00-5:00 pm.
- May 30** Transylvania Regional Hospital is sponsoring a "**Dessert with the Docs**" from 1:00-3:00 pm.
- June 6** RSVP - Your Volunteer Center for the Second Half of Life is sponsoring a **Volunteer Fair** in the Rogow Room at the Transylvania County Library from 10:00-2:00 pm. Non-profits, agencies, etc that use/need volunteers will set up tables/booths. People that want to volunteer will have the opportunity to talk to and obtain information from many agencies, etc. and help them in deciding where to volunteer their time and skills.

Website: [www.landofsky.org](http://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

PC

## Laughter is the Best Medicine: It works for everyone, caregivers included!

While writing an article on the health benefits of laughter, Dr. Madan Kataria, a physician from India, recruited five friends to field test this. They met in a park where they told jokes and stories to stimulate laughter but soon ran out of laughter material so Kataria created laughter exercises which are physical exercises designed to make it easy to laugh.

Laughter Yoga is based on the philosophy of “acting happiness” – tell your body what to do and your mind will follow. It is a physically-oriented exercise routine, not a mental process; therefore, anyone can laugh without using jokes, humor, or comedy. Laughter Yoga follows a series of simple, yet structured laughter and yogic breathing techniques, combined with simple stretching. Laughter Yoga is very different from the yoga of meditation and yoga postures. It has no pretzel positions, needs no special clothes, or training. You don’t even have to be feeling happy or in a good mood; just be prepared to laugh. The results are instant --- you feel the full benefits from your first Laughter Yoga session.

People who do Laughter Yoga describe feelings of happiness and joy. They say they leave sessions full of positive energy that makes it easy to cope with stress and impossible to be depressed. They say it puts them in a positive state of mind and improves their self-confidence. Many claim they no longer need anti-depression prescriptions. Laughter exercises are sometimes described as fake laughter, but in most sessions the laughter soon turns real. In fact, the body can’t tell the difference between fake laughter and real laughter, so you get the health and well-being benefits either way.

Laughter sessions are normally comprised of 12 to 30 people and are led by a Laughter Yoga leader trained by Kataria’s organization. How much laughter is enough? “The more you laugh the better you will feel and the healthier you’ll be,” says Kataria. Daily laughter can help to lower and control blood pressure, increase oxygen to the body, decrease cortisol, and increase endorphins. Laughter has been shown to strengthen the immune system, decrease heart rate, and fights depression and can help to lower stress and decrease anxiety as well.

Family Caregiver Specialist Carol McLimans and Project C.A.R.E. Family Consultant Nancy Hogan completed training to become Certified Laughter Leaders. Training was provided by Cindy Miles the Family Caregiver Resource Coordinator with the Southwestern Commission Area Agency on Aging. Cindy is a highly trained and experienced Laughter Leader, Teacher, and Coach. She was trained by Kataria, Laughter Yoga founder. For more on Laughter Yoga, contact Carol or Nancy and visit [www.laughteryoga.org](http://www.laughteryoga.org). See Laughter Yoga in action at [www.youtube.com/laughteryoga](http://www.youtube.com/laughteryoga).



*Cindy Miles (in red) with Laughter Yoga participants including Carol McLimans and Nancy Hogan*

FCSP

## Family Caregiver Support Program Advisory Committee

The Family Caregiver Support Program Advisory Committee will be meeting in a different county each quarter beginning in May. The May 14 meeting will be held at the Transylvania County Library in Brevard from 11:30 am to 1:30 pm. Please note that all meetings will be 2 hours long and lunch will be provided. Aging and caregiver service providers are invited to attend.



## 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.

## FCSP Sharing the Care

### Guiding Caregivers to Find and Use the Help They Need.

Are you the “ONE” who is caring for a family member or friend? Are you feeling overwhelmed? Spend a couple of hours with us to share ideas about who can help and how to ask for help. The Family Caregiver Support Program is bringing these workshops to each Region B County soon.

May 23	1 - 3 pm	Mars Hill Library
June 13	10 am - 12 pm	Henderson County Library
June 27	1 - 3 pm	Brevard Library

For more information contact Carol McLimans at 251-6622, [carol@landofsky.org](mailto:carol@landofsky.org) or Pat Hilgendorf at 645-9189, [patricia.hilgendorf@gmail.com](mailto:patricia.hilgendorf@gmail.com). Please let caregivers and others know about these events.

## A&VS

## Special Election Period for Some Medicare Beneficiaries

Universal Health plans terminate; beneficiaries have one-time option to change coverage. More than 2,700 Medicare beneficiaries in North Carolina are eligible for a special election period due to the cancellation of Medicare Advantage plans issued by Universal Health Care and Universal Health Care Insurance Company.

Through May 31, 2013, affected beneficiaries have a one-time option to:

- Select another Medicare Advantage or Medicare Advantage Prescription Drug plan; or
- Stay with Original Medicare and also enroll in a Medicare Supplement (or Medigap) policy; or
- Stay with Original Medicare but change the CMS-generated enrollment to another prescription drug plan.



For more information, contact SHIIP at 1-800-443-9354 or:  
Buncombe County - Nathan Johnson, 277-8288  
Madison County - Penny Buckner, 649-2722  
Transylvania County - Eric Caldwell, 884-3109  
Henderson County - Blue Ridge Mall, 692-4600

## SCSEP Hire an Older Worker

Why would anyone want to hire an applicant over the age of 60? Do you want employees who are reliable? Dependable? Knowledgeable? Consider learning more about the Senior Community Service Employment Program (SCSEP) and how we can help your organization, governmental agency, or non-profit with people who truly want to work and support you. Contact Jennifer Atkinson, SCSEP Coordinator, at 251-6622 or [jatkin@landofsky.org](mailto:jatkin@landofsky.org) for more information.

### Hire Grandma: 5 Ways Older Workers Benefit a Business

Once a worker turns 40, they are considered part of the aging population. But that may be just when many are hitting their stride, and reaching the pinnacle of their professional skill set. While many companies focus on hiring Millennials, what could your business accomplish faster, more efficiently and with additional creativity fueled by employees in this more mature category? Probably a lot. Here are 5 top reasons to hire a “mature” employee:

Reason 1: They’re a known quantity. When hiring an older employee, you have access to tools like background checks and previous employment history. Do they job hop or were they a loyal and dedicated employee for their previous employers?

Reason 2: Their benefits costs less. Lots of people think a mature employee will bring higher benefits costs. This is simply not true. In most cases, mature employees have few or no dependents to cover on their insurance. With Medicare eligibility beginning at age 65, these employees may even have their own insurance.

Reason #3: They’re flexible. They can work at times when other employees with family obligations may not be able to. That’s a major benefit for many companies, like those who need to fill odd shifts outside of the typical 9 to 5 schedule.

Reason #4: They’re wise. Consider the varied work experience a mature employee has. All the people they’ve met and the things they’ve learned over the years can still be applied in the business world today.

Reason #5: They’re eager. Mature employees are eager to learn new skills. Information from [www.inc.com/eric-v-holtzclaw/5-ways-older-workers-benefit-a-business.html](http://www.inc.com/eric-v-holtzclaw/5-ways-older-workers-benefit-a-business.html)

**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 Breaking Through into NEW Ground

Spring is the time for break through! Just as the plants break through the earth in spring to receive nourishment through the sun, air and water, we, too, can break through our conceived barriers and expand our capacity for life.



I recently saw this quote by Tony Gaskins, "Practice doesn't make perfect, it makes a habit." It is natural to believe that this is as good as it gets as we continue to think, feel, and act in the same way that we did yesterday. We have practiced these habits for many years. The only way to BREAK THROUGH new ground is to do something different.

Although it sounds easy, we all know changing habits can be very challenging. Sometimes it is helpful to breakdown a large goal, like changing a habit, into smaller more doable steps. One way to begin to change our actions is by changing our thoughts. This can work because our thoughts inform our actions. There is also research to indicate that our thoughts have a powerful effect on the body and emotions.

Here are few doable steps to start a behavior change at the level of thought:

1. Decide what habit you want to change (e.g. eating late at night or smoking).
2. Notice what you think / tell yourself about changing this habit (e.g. I cannot do it or just one more bite!)
3. Write down this thought.
4. Change the thought to a helpful or more affirming thought (e.g. I can do it!, I want to be healthier and happier or I will drink a large glass of water first and see if I still want ice cream)
5. Tell yourself the new thought every time you want to indulge in the old habit.
6. Be patient! Changing a habit takes time. Plant the seed today, practice a new way of thinking and you will break ground before you know it!

Do you live with a chronic health condition and want support in ground breaking healthy habits? If so, consider joining a Living Healthy with Chronic Conditions class. As one participant recently said, "Class discussions and brainstorming helped me realize others deal with the same issues and frustrations that I do. We made an action plan at the end of each session for the following week. This kept me motivated and gave me the opportunity to get more organized and choose something that I really want to accomplish before the next class...." Visit [www.livinghealthywnc.org](http://www.livinghealthywnc.org) or page 11 for details on the next class near you.

May the force of spring be with you! Rebecca Chaplin, Aging Program

**A&VS**

### Welcome Janice Payne

Janice Payne is the new Program Support Specialist, filling the position that Brenda Delacruz retired from in February. While Janice is new to the Aging and Volunteer Services Department, she is not new to Land-of-Sky Regional Council. Janice has been working with LOSRC in the Admin Department since 2011. She is anxiously awaiting the birth of her first granddaughter, she has three grandsons.

**AAA**

### Fans Are Coming Soon!

Are you getting ready for the summer months? Do you need a fan? Each Year the Area Agency on Aging receives funds from the NC Division of Aging and Adult Services to administer Operation Fan/Heat Relief. Through partnerships below, fans are purchased and distributed throughout our region. If you are 60 years of age or older, reside in the county of the providing agency and could use a little relief, contact:

- Council on Aging of Buncombe County 277-8288
- Council on Aging for Henderson County 692-4203
- Madison County Department of Community Services - 649-2722
- WCCA Transylvania County - 884-2255



**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.

**STHL**

## A Demographic Re-Mix Expected for NC as the Aging Population Increases

The North Carolina Senior Tar Heel Legislature (STHL) convened in Raleigh for its first meeting of 2013. During the meeting, leaders shared future trends on aging and housing issues for North Carolina. The NCSTHL also celebrated 20 years of providing advocacy for older adults in North Carolina.

Keynote speaker, Mitchell Silver, President, American Planning Association, discussed statistics as it relates to population growth and a demographic shift over the next 30 years. Currently, the United States is experiencing a demographic re-mix. By 2030, one in five individuals will be aged 65 and older and life expectancy will be 82 years old. By 2050, the number of Americans over the age of 85 will triple from 5.4 million to 19 million. In North Carolina, we can expect individuals aged 65 and older to increase to nearly 125 percent.

In addition, Silver added that the traditional family is changing. There is an increase in multi-generational households, a decrease in marriage rates and an increase in singles living alone. As families change, the need for housing will change as well. Silver stated, “young people either cannot afford to buy a home or prefer to rent, we also expect smaller and more energy efficient homes to be in demand in the 30 years not only for single individuals but for older adults who want to ‘age in place.’” According to Silver, some initiatives have been passed by local governments that address housing needs for older adults and single families. Universal design homes and cottage courts are being developed in some urban areas to meet these needs.

Dennis Streets, Director of the Division of Aging and Adult Services (DAAS) expanded on the housing issue for North Carolina. “Our state will receive grant funding to provide rental assistance for extremely low-income individuals with disabilities, the North Carolina Finance Agency was awarded 12 million dollars to support more than 560 housing units,” said Streets. The initiative, called the Section 811 Project Rental Assistance Demonstration Program, is designed to offer permanent housing and supportive services to individuals who might otherwise be institutionalized or homeless. Meeting this need will help reduce health care costs, improve quality of life, and decrease homelessness.

**HPDP**

## LGBT Elder Advocates Host St. Patty’s Day Social and Resource Luncheon

The LGBT Elder Advocates social and resource luncheon on March 17 was a smashing success. Land-of-Sky Regional Council hosted over 50 people for this event which was designed to create a safe space for LGBT elders to gather, enjoy fellowship, share information about their needs, and learn more about the aging-related resources in Western North Carolina.

Lunch provided by Red Lobster and the Olive Garden with desserts provided by “Friend of the LGBT Elders” Scott Pacheco. There was an intergenerational twist included as members of Youth OUTright volunteered to welcome, serve, and clean up. Youth OUTright’s mission is empowering lesbian, gay, bisexual, transgender, questioning youth to be confident and vital members of our community. The volunteers also connected with the elders in attendance through presentation and one-on-one dialogue.

### LGBT Elder Advocates Mission

Improving the lives of LGBT older adults in WNC by:

- Connecting people to resources
- Promoting culture change by raising awareness and providing education

Our expectations were exceeded! If you are interested in learning more about the LGBT Elder Advocates of WNC, contact Rebecca at 251-7438.



## 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 10 Things Anyone Can Do To Protect Seniors

Each year, hundreds of thousands of older persons are abused, neglected, and exploited. In addition, elders nationwide lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food, and medical care. Unfortunately, no one is immune to abuse, neglect, and exploitation. It occurs in every demographic, and can happen to anyone—a family member, a neighbor, even you. Yet it is estimated that only about one in five of those crimes are ever discovered.

Elder abuse happens, but everyone can act to protect seniors. Here are 10 ways:

1. Learn the signs of elder abuse and neglect.
2. Call or visit elderly relatives, friends, and neighbors and ask how they are doing.
3. Provide a respite for a caregiver by filling in for a few hours or more.
4. Ask an older acquaintance to share his or her talents by teaching you or your children a new skill.
5. Ask your faith leaders to discuss with their congregations elder abuse prevention and the importance of respecting older adults.
6. Ask your bank manager to train tellers on how to detect financial exploitation of elders.
7. Suggest your doctor talk to his or her older patients individually about possible abuse.
8. Contact your local adult protective services or long-term care ombudsman to learn how to support their work helping at-risk elders.
9. Volunteer to be a friendly visitor to a nursing home resident or homebound elder in your community.
10. Send a letter to your local paper, radio, or TV station suggesting it cover World Elder Abuse Awareness Day - June 15 or National Grandparents Day - September 8.

**Elder Abuse Month is May 10 - June 17.** Show the world you care by wearing a purple ribbon!



## LTCOP Ruth Price Becomes the New Regional Ombudsman

Ruth Price was recently selected as the newest Long Term Care Ombudsman. When Ruth was thirteen, she became a volunteer on the nursing home unit of the local hospital where her great grandmother was a resident. She quickly became enamored with the older adults and their varied life experiences and personalities and wanted to do what she could to make the end of their lives meaningful.



After graduating from college with a degree in music therapy, Ruth worked full-time in nursing homes as a Director of Activities. She felt this job was suited to being a strong supporter of resident rights and quality of life issues. As vice-president of the National Association of Activity Professionals, she was fortunate to participate in the writing of the 1987 nursing home reform legislation and the resulting regulations and had high hopes that this law would lead to positive changes in nursing home care.

Ruth later worked as a consultant with residents, family members, and nursing home staff to help improve situations for individual residents. She has long admired the Ombudsman Program for its advocacy work with residents both on an individual basis and on a broader scale of policy improvement. Prior to becoming an Ombudsman, Ruth was a Family Consultant with Project C.A.R.E.



## 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 Quality Improvement Continues in North Carolina Nursing Homes

### “Rethinking the Use of Position Change Alarms”

For those of you who have been in nursing homes, you’ve undoubtedly seen people sitting in their wheelchairs with a cord clipped to their shirt. If the person repositions ‘too much’, or tries to get out of the wheel chair, the clipped cord pulls out of an alarm system which immediately starts a loud beeping alarm. The idea is that the alarm will alert staff that someone is trying to get up and may fall. Often, the responding staff will direct the resident to sit back down instead of assisting the resident with whatever is causing them to move; therefore, responding to the alarm rather than the resident.

For the resident, and those around him, these alarms create noise, fear and confusion. One gentleman would duck down when he heard the alarm as he was interpreting the sound to mean incoming missiles and bullets from his WW II experience. As children, most of us are taught to run or get out of the way, when an alarm sounded. How can one expect an elder to be expected to sit right were the alarm is going off?

There are now studies and programs in place to reduce and eliminate these alarm systems. Some of these studies have shown that eliminating the alarms have actually reduced the falls.

Studies and education continues to move ahead toward a more effective person centered care. Cathie Brady and Barbara Frank with the Carolinas Action Collaborative for Excellence in Long-Term Care are directly involved in teaching these and many other ideas and techniques to long-term care homes administrators and staff members.

### Who Do You Call for LTC Facility Concerns?

**Barbara Hinshaw** - Buncombe County Adult Care Homes & Transylvania County Nursing and Adult Care Homes

**Terry Collins** - Buncombe County Nursing Homes & Henderson County Nursing and Adult Care Homes

**Ruth Price** - Buncombe County Nursing Homes & Madison County Nursing and Adult Care Homes

## 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.

## Welcome New CAC Members

### Welcome:

Alfred Kalahati and Kermit Sprinkles - BC ACH CAC

Woodie Dyches - BC NH CAC

Bernard Brodsky, Barbara Cromar, Michele Longthon, Ruth Ann Rosauer, Donna Jean Sheline, Lorrie Shelly and Deanna Pedersen McWilliams - HC ACH/NH CAC

### Thanks and Farwell to:

Caitlin Connelly- BC ACH CAC

Mary Euler and Cesar Romero - BC NH CAC

Philip Anderson, Jo Ann Nagle, William Nagle and Connie Cunningham - HC ACH/NH CAC

Margaret Schleining - TC ACH/NH CAC

Thank you for your services!

You will be missed!



## CAC Meeting Calendar

**Buncombe County ACH:** May 17, June 21, July 19

**Buncombe County NH:** July 18

**Henderson County ACH/NH:** May 8, June 12, July 10

**Madison County ACH/NH:** TBA

**Transylvania County ACH/NH:** July 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 Bob Tomasulo Receives the Kathleen Godwin Cole Award for Volunteerism

RSVP Volunteer Bob Tomasulo received the Kathleen Godwin Cole Award for Volunteerism at the monthly Land-of-Sky Regional Council board meeting on April 24, 2013. This award is given annually to one volunteer, age 55 or better, who has made major contributions to better our region.

A lifelong advocate to the elder community, Bob's knowledge and experience of 33 years in the Social Security Administration is balanced with his steady, balanced and always-thoughtful leadership. He has made a significant and lasting contribution to numerous groups and elder initiatives. Over the past five years, Bob has served in voluntary leadership and advisory capacities with the Buncombe County Aging Coordinating Consortium, contributing to their Planning and Awareness and Advocacy committees. He is a board member with the Council on Aging of Buncombe County and an active member of the Buncombe County Adult Care Home Community Advisory Committee, the Land-of-Sky LGBT Elders Advocacy Group and the Community Resources Connections Leadership Team. Bob is a tireless advocate for older adults in our community, every working to make our community a better place for all to live in.

Other nominees include:

- Jim Spicer, RSVP Volunteer
- Octavia Boone, Foster Grandparent Volunteer
- Willie Mae Watkins, Foster Grandparent Volunteer
- Betty Lou Howard, Senior Companion Volunteer
- Nancy Porter, Community Volunteer



*Bob Tomasulo was presented the Kathleen Godwin Cole Award by Linda Kendall Fields, Buncombe County ACC Chair, and Wendy Marsh, Council on Aging of Buncombe County Director.*



*L-R: Bob Tomasulo, Willie Mae Watkins, Octavia Boone, and Jim Spicer*

**Congratulations to Bob Tomasulo and all of the nominees for your volunteerism!!**

## vs Seeking Wartime Veterans to interview for the Veterans History Project of the Library of Congress

Now's your chance to share your story—not only about your wartime experiences but also about your life before and after your military service. Future generations want to know and better understand the realities of war and its effects on your life.

Call the Asheville Veterans Administration Medical Center's (VAMC) Voluntary Services at 299-2514 to make an appointment to sit down with a volunteer interviewer to make a personal audio recording of 30 minutes or longer. The VAMC will send the original interview tape to the Veterans History Project and provide you with a free copy in appreciation for your time. You also are invited to provide original photographs of yourself in uniform and/or other relevant shots illustrating your wartime experience, letters, two-dimensional artwork, military documents and/or 20 pages or more of original unpublished memoirs, diaries or journals, which cannot be returned. They will remain in the permanent collection of the Library of Congress' American Folklife Center in Washington, DC, for public viewing.

To learn more about the project, go to [www.loc.gov/vets](http://www.loc.gov/vets) which contains an individualized web page for each veteran who contributes. This page includes service history and other relevant information about the veteran.

**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.

**FGP**

## Foster Grandparent Program Recruiting New Volunteers

The Foster Grandparent Program is currently recruiting new volunteers. If you are 55 and older, live on a limited income, and love children, then we are looking for you! Foster Grandparents receive a tax-free stipend of over \$200 per month, three weeks paid vacation, sick and holiday leave, and more.

The Foster Grandparent Program enriches the lives of children and senior adults by building one-to-one relationships between them. With the intervention of the Foster Grandparents, young people improve their school readiness skills, their reading levels, and their grades. They exhibit better behavior in the classroom, more self-esteem and have less stress. The program enables the Foster Grandparents to share the experiences gained over a lifetime and to continue to play a vital role in the community.

If you're interested in seeing that light bulb go off in a young child's mind or helping a three year old learn colors and shapes, call Stacy Friesland at 251-6622. You're never too old to make a difference, especially in the eyes of a child.

**SCP**

## Senior Companions Provide Respite Through Mini-Grant

Volunteers of the Senior Companion Program recently provided 17 caregivers needed respite services through a grant provided by the NC Division of Aging and Adult Services. The \$20,000 grant, made possible through funding by the Lifespan Respite Care Act of 2006, was used in Buncombe and Madison counties to enhance quality and expand availability of respite services for qualified caregivers.

"This year has been extremely difficult for our family, basically because those who would normally help us care for her (Mom) are not able to do it anymore," said one caregiver. "Having someone who will just come in and let my husband and I go out to lunch for a change has been a God-send."

The purpose of the grant was to measure satisfaction among caregivers when they are given time away to pursue personal plans. Studies show when a caregiver plans their respite time to do something they truly enjoy, they feel better about their caregiving situation than those who do not.

Caregivers were given a goals worksheet encouraging them to plan their time away – not to do things that they necessarily need to do but those things they want or enjoy doing. Caregivers were also surveyed both prior to and after receiving respite services to measure their overall satisfaction with their time away.

"I can't say that I spent all my time on things that were just for fun, but having the time just to get out of the house and do something other than work did relieve some of the stress," said one caregiver. "I would definitely use respite services again in the future if funds were available."

**FGP**

## FGP Welcomes Child Care Center of First Presbyterian Church

We are happy to welcome the Child Care Center of First Presbyterian Church of Asheville (CCC) to our Foster Grandparent Program. CCC was established as a mission of the church in 1968 to serve the needs of parents in the community during working hours. CCC is located in downtown Asheville which will be a great option for our volunteers that use public transportation. Welcome CCC!

**RSVP**

## All Wrapped Up - RSVP Volunteers Raise Money for Operation Toasty

Operation Toasty Toes volunteers have been making and selling fashion "Ruffle Scarves" to raise funds to cover the cost of postage and yarn for their regular volunteer gig of making comfort items for our troops such as hats, fingerless gloves, and colorful slippers! Since January, they have raised over \$100.



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

## Buncombe County Sheriff's Office Announces New Volunteer Program

The Buncombe County Sheriff's Office is pleased to announce S.E.R.V., or Sheriff's Executive Resource Volunteers, a new volunteer program that give citizens the opportunity to enhance the capacity of local law enforcement through administrative and support tasks. S.E.R.V opportunities will include Patrol Division, the Courthouse, Civil Process, the Detention Facility, Criminal Investigations, Crime Prevention and School Resource. Through S.E.R.V the Sheriff's office is able to engage members of the community in an active problem-solving partnership

The program is to be implemented slowly and in stages, creating a strong foundation with a core group of trained volunteers. RSVP Volunteers interested in learning more about this exciting and rewarding opportunity are asked to contact Project Coordinator, Chief Kevin Pressley, at Kevin.Pressley@buncombecounty.org

## RSVP Supporting Law Enforcement

Our local RSVP has a long tradition of supporting law enforcement agencies by helping to build their capacity through volunteer service. RSVP currently recruits volunteers for the police department of Asheville and Brevard, and the Sheriff's Offices of Buncombe, Henderson and Transylvania Counties. Last year 108 RSVP Volunteers served these law enforcement agencies, contributing 16,131 hours at a cost savings of \$307,940.00 to our community. Pictured here are Nick Menyhard & Dale Coever, VIP Volunteers with the Henderson County Sheriff's Office.



RSVP

## RSVP Volunteer Center in Brevard Reinvisioned

### Volunteer Fair

Thursday, June 6  
10 am to 2 pm  
Transylvania County Library  
Rogow Room

In February, the RSVP Volunteer Center in Brevard closed its doors. Open for 10 months, the Center didn't see significant enough foot traffic to make the endeavor viable for staff and volunteers. It was a unanimous decision of the Community Ambassador Volunteers to try something new. After much brainstorming, it was determined that the group would continue to recruit volunteers for the community but through a different focus - volunteer fairs. The Brevard group will be coordinating two volunteer fairs: one in celebration of Older American's Month and the other shortly after schools starts in the fall. We hope to see you there!

RSVP

## RSVP Member Benefits! Complimentary Theater Tickets

Over the past several months, RSVP worked to expand our "RSVP Volunteer Perks." We now have complimentary theater tickets to not just Flat Rock Playhouse, but also Asheville Community Theatre, Brevard Music Center, and the Southern Appalachian Repertory Theatre (SART) in Mars Hill.

Complimentary Theatre Vouchers are available to RSVP Volunteers who have served at least 10 hours in the last quarter. Volunteers are eligible to request one free voucher good for two complimentary tickets. For more information, contact Janice Payne at 251-6622 ext. 108 or janice@landofsky.org.

Thank You to each of the theatres for working with us to offer this great opportunity to RSVP Volunteers. Remember to also check out all the perks of being a RSVP Volunteer at [www.landofskyrsvp.org/join-rsvp/rsvp-benefits/](http://www.landofskyrsvp.org/join-rsvp/rsvp-benefits/).



## May

1-31 Older Americans Month, see page 1 for OAM events



10 WNC Fall Prevention Coalition Subcommittee Meeting, LOSRC, 9 - 10:30 am

May 10 - June 17 Elder Abuse Awareness Month, see page 6



12-18 Strive Not To Drive Week: [www.strivenottodrive.org](http://www.strivenottodrive.org)

- 14 Successful Aging 2013, Sherrill Center Kimmel Arena UNC Asheville, 8:30 am - 3 pm
- 14 Centenarian Celebration, Kimmel Areana UNC Asheville, 1:15 pm (Lunch at 12:15 pm)
- 14 Living Healthy with a Chronic Condition begins\* Mashburn Medical Center, 5 - 7:30 pm
- 14 Caregiver Support Program Advisory Committee Meeting, Transylvania County Library, 11:30 am - 1 pm
- 15 Centenarian Celebration, Kingsbridge House, Brevard, 2 pm
- 17 "Medications" CEU Class, LOSRC, 8:30 am - 1:30 pm, for more info contact Barbara Hinshaw at 251-6622.
- 20 TRIAD of Buncombe County Meeting, LOSRC, 2:30 - 4 pm
- 24 Culture Change in Aging Network of Buncombe County (CCAN) Meeting, LOSRC, 10 am - 12 pm
- 27 Memorial Day, Land-of-Sky Offices **CLOSED**
- 28 WNC Fall Prevention Coalition Meeting, LOSRC, 11:30 am - 2 pm
- 29 Active Aging Week Meeting, LOSRC, 10:30 am - 12 pm
- 30 CRC Partnership Meeting, Best Kept Secrets of Aging Services, Madison County Cooperative Extension Office, 10am-1pm

# Calendar of Events

## June

- 3 LGBT Elders Advocates Meeting, LOSRC, 2:30 - 4 pm
- 10-11 Living Healthy w/Chronic Condition Leader Training, LOSRC, 9 am - 4 pm. No fee with commitment to facilitate at least one class within 12 months. Contact Rebecca at 251-7438 or email [rebecca@landofsky.org](mailto:rebecca@landofsky.org)
- 13 Senior Volunteer Services Advisory Council Meeting, LOSRC, 2 - 4 pm
- 17-18 Living Healthy w/Chronic Condition Leader Training, LOSRC, 9 am - 4 pm
- 17 Senior Companion Volunteers In-Service, LOSRC, 9 am - 1 pm
- 18 Foster Grandparent Volunteers In-Service, LOSRC, 9 am - 1 pm
- 19 Living Healthy w/ Chronic Condition begins\* Osher Life Long Learning Institute (OLLI), 2 - 4:30 pm. Must be an OLLU Member to register. Registration opens on MAY 21 at [www.olliasheville.com/courses](http://www.olliasheville.com/courses)
- 26 Living Healthy w/ Diabetes begins\* Shiloh Community Center, 12 - 2:30 pm. Fees covered by Shiloh Community Assoc.
- 26 Living Healthy w/ Chronic Condition begins\* Charles George VA Medical Center, 1 - 3:30 pm. For Veterans only, register with Debbie Whisenant at 298-7911 ext 5056 or [debra.whisenant@va.gov](mailto:debra.whisenant@va.gov).
- 28 Exploring Community and Interdependence Workshop 1, LOSRC, 9 am - 1 pm. A series of workshops on housing options designed for successful aging for all citizens. Contact Janice at 251-6622 for a flyer or to register. \$10 per workshop.

## July

- 1 LGBT Elders Advocates Meeting, LOSRC, 2:30 - 4 pm
- 4 Independence Day, Land-of-Sky Offices **CLOSED**
- 10 CRC Leadership Team Meeting, LOSRC, 10 am - 12 pm
- 11 Aging Advisory Council Meeting, Transylvania County, 10 - 11:30 am
- 12 WNC Fall Prevention Coalition Subcommittee Meeting, LOSRC, 9 - 10:30 am
- 15 Senior Companion Volunteers In-Service, LOSRC, 9 am - 1 pm
- 16 Foster Grandparent Volunteers In-Service, LOSRC, 9 am - 1 pm
- 23 WNC Fall Prevention Coalition Meeting, LOSRC, 11:30 am - 2 pm

\* For more information on the Living Healthy workshops, contact Rebecca at 251-7438 or visit [www.livinghealthywnc.org](http://www.livinghealthywnc.org).



Walgreens Senior Savings Days:  
May 8, June 3, July 9, Aug 7

## August

- 2 Exploring Community and Interdependence Workshop 2, LOSRC, 9 am - 1 pm. See July 28 event for more details.
- 5 LGBT Elders Advocates Meeting, LOSRC, 2:30 - 4 pm



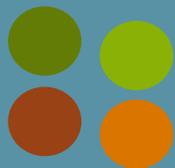
PRSR STD  
US POSTAGE  
PAID  
ASEHVILLE, NC  
PERMIT #367

339 New Leicester Hwy., Suite 140  
Asheville, NC 28806  
Phone: (828) 251-6622  
Fax: (828) 251-6353  
Website: www.landofsky.org



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 2: May - July 2013



## A&V

### Aging and Volunteer Services Staff

**LeeAnne Tucker** - Aging and Volunteer Services Director  
**Janice Payne** - Aging and Volunteer Services Program Support Specialist

## 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  
**Linda Kendall Fields** - Buncombe County Aging Plan  
**Pat Hilgendorf** - Caregiver Program Associate  
**Rebecca Chaplin** - Aging Programs Specialist - HPDP and Senior Center  
**Ruth Price** - Regional Ombudsman  
**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.