

# Aging and Volunteer Services

Serving Buncombe, Henderson, Madison, and Transylvania Counties



Vol 2 - Issue 3: August - October 2013

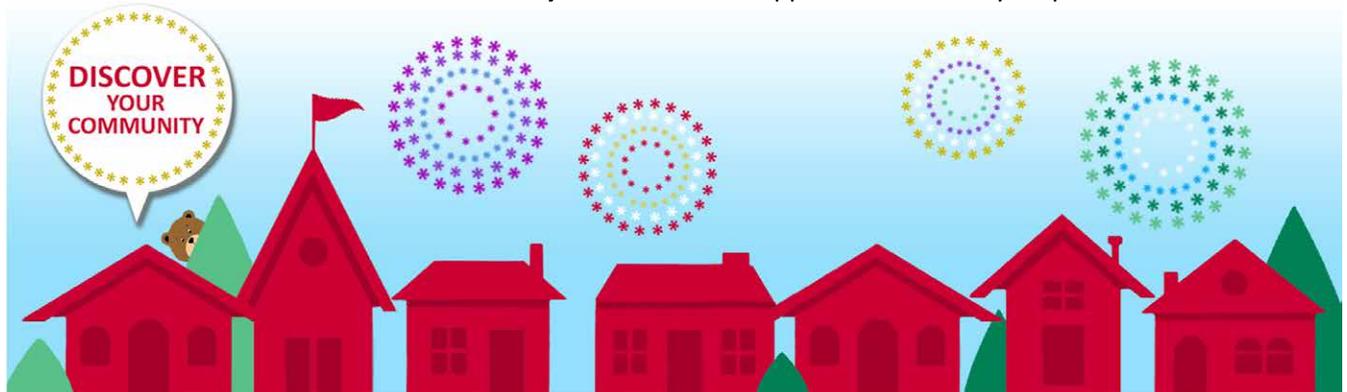
A&VS

## Active Aging Week - Discover Your Community September 21 - 28, 2013



For 2013, the theme **Discover Your Community**, encourages older adults and the organizations that serve them to focus on developing a more active community as part of an overall wellness objective. Whether as a tourist to a new local site or “discovering” that a stairwell would be better off painted and lighted, local hosts will plan vibrant programs of activities that are fun, educational, and focus on community connections. All Active Aging Week destinations are **FREE** and showcase the opportunities, in Western North Carolina. For more information visit [www.activeagingweekwnc.org](http://www.activeagingweekwnc.org) or call 251-7438.

- SAT 9/21**      **The YMCA’s Annual FIT AFTER 50 Day** - The Neighborhood Y at Woodfin - 1 to 5 pm
- SUN 9/22**      **Blue Ridge Adventist Wellness Network Intergenerational Health 5K Walk/Run** - UNC Asheville, Sherrill Center - 1:30 pm
- MON 9/23**      **Wellness Expo** - Biltmore Square Mall - 10 am to 2 pm (see page 8 for more information)
- TUE 9/24**      **Bullington Gardens Tour & Walk** - Bullington Center - 9 to 11 am  
**Wisdom Film Festival** - UNC Asheville, Sherrill Center - 12 to 6 pm
- WED 9/25**      **Balance for Life Day** - CarePartners Health Services - 9 am to 1:30 pm  
**Fletcher Community Park ENERGI Fitness Tutorial and Walk** - 9 to 11 am  
**Healthy Living for a Lifetime** - Location TBA, Madison County - 10 am to 6 pm  
**Ageless Grace Exercise with Carol Gerson** - Silvermont Opportunity Center - 1pm
- THUR 9/26**      **Eating Healthy on a Budget! Project EMMA Day** - Vanderbilt Apartments - 12 to 3:30 pm  
**Henderson County Orchard Tour** - Richard Staton’s Farm and Cold Storage Facility - 9 to 11 am  
**Opportunity House Fun and Fitness Open House** - 4 to 6 pm  
**Taste of Therapies** - Silvermont Opportunity Center - 9 am to 3 pm
- FRI 9/27**      **Soiree! Dance to Elvis for Your Wellness! A Fun(D) Raising Dance Party for the WNC Fall Prevention Coalition** - Toy Boat - 7 to 10 pm  
**FlatRock Playhouse Tour** - 10 am to 12 noon  
**Downtown Walk and Brewery Visit** - Southern Appalachian Brewery - 5 pm



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.

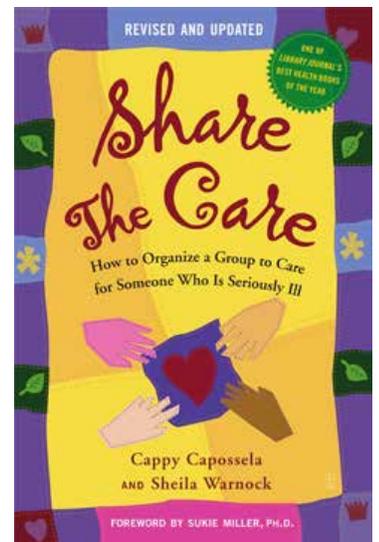
## FCSP Family Caregiver Support Program held Share the Care Workshops

Mary Stevens used the Share the Care model described below to develop a support group while caring for her husband who had terminal cancer. She shared her story to illustrate how this system works. Mary and Family Caregiver Support Program staff helped participants identify who to ask, how to ask, and why this is so important.

*Share The Care, How to Organize a Group to Care for Someone Who Is Seriously Ill*, By Sheila Warnock and the late Cappy Capossela

No matter if you're a frightened first-time caregiver or a veteran caregiver facing burnout, there is no need to take on the tremendous task of caregiving alone. The Share The Care™ model has been empowering friends, relatives, neighbors, and co-workers across the U.S. and Canada with a step-by-step guidebook on how to create and maintain a "caregiving family" to assist someone they know and help to provide a better quality of life. A Share The Care group supports not only the care recipient, but everyone involved, including the family caregiver and their family, as well as each of the individual group participants.

Share The Care was born when a group of 12 women (mostly strangers to each other) came together and stayed together for three and a half years to care for a mutual friend with terminal cancer. Over time they developed ways of working and rotating responsibilities so no one person had too much to do. Their systems and color-coded forms were documented into the guidebook for caregivers and their concerned friends to follow.



Share The Care offers friends and family the best answer to the most frequently asked question "What Can I do to Help?" by showing the caregiver how to:

- Identify their "caregiver family" of friends, relatives, neighbors, business associates, and acquaintances.
- Introduce members of their extended caregiver group to the Share The Care system, which helps guarantee that every job will be done and no one person will have to do too much.
- Discover hidden talents within the group, make the most of their resources, cope with group issues and stay together in the face of adversity.
- Deal with their own emotional issues while helping someone who is facing their own fears.
- Turn caregiving into a meaningful, loving experience and replace stress, fear and loneliness with teamwork, courage and friendship.

Whether you're a burned-out caregiver or a first-time caregiver, you can benefit from a system that lets you share responsibilities, have a support network among the caregivers and make a real difference in someone's life.

One of the best parts about the program is that there is a questionnaire for volunteers. The questionnaire helps to find the right job for each volunteer by assigning a job that is comfortable and convenient to him or her. Some volunteers like to provide hands-on care while others would rather make phone calls or run errands. This system allows volunteers to be committed for longer periods of time because their roles are created based on their interests and needs.

For more information visit [www.sharethecare.org](http://www.sharethecare.org).

## 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 Tips for Making Your Employment Application Work

Christine Tutor, a consultant at Right Management of Raleigh, often works with job seekers who haven’t written résumés in decades. Here are some of her tips for résumés and cover letters:



### Résumés

- Check for spelling and grammatical errors.
- Focus on your most recent work experience; stick with the last 10 to 15 years.
- Avoid first-person pronouns; it’s understood.
- Use key words that pertain to the position you want.
- Highlight the value and benefits you offer prospective employers.
- Focus on accomplishments. Review letters of recommendation and old job reviews, and interview former peers and former bosses to remind you of past accomplishments.
- Use the current best practices for résumé writing. Create a brief job-scope statement or paragraph. Set the stage for accomplishments. Include the number of people supervised, annual revenue, sales volume and other facts or figures that show your impact.
- Use the “CAR” method: highlight challenges, actions and results.

### Cover letters

Just as one’s résumé should be tailored for a specific type of role rather than a “one-size-fits-all” document that can be submitted for any position, each cover letter should be tailored to the specific job opening.

- Make certain that the introductory paragraph clearly indicates the type of professional you are and the role for which you are applying.
- Make certain your cover letter provides an overview of your most important qualifications, skills, and achievements for the position you are applying for.
- Demonstrate the value you can bring to the prospective employer by including a few key career accomplishments in your cover letter.
- If you are familiar with the company, indicate why you are attracted to working there.
- Keep your cover letter short and to the point – ideally no more than one page – and be certain to indicate your interest in an interview. [www.newsobserver.com](http://www.newsobserver.com)

MEMBER GOVERNMENTS ANNUAL REPORT  
REFRESH NEW IMAGE GIFTS ENTERTAINMENT  
OCTOBER CELEBRATION 9TH 2013  
NETWORKING  
FOOD DRIVE PROJECT UPDATES  
LAND OF SKY REGIONAL COUNCIL  
DOOR PRIZES AWARDS  
2013 ANNUAL CELEBRATION  
SAVE THE DATE!

## CRC CRC Partnership Meeting

The Community Resource Connections invites Aging Providers and Professionals to participate in the Partnership Meeting **Health Care Reform Law**. Adam Linker, Health Policy Analyst at NC Justice Center, will provide an overview of the law; describe how it will affect different members of the community; and speak on when the various components of the law will take effect. A question and answer period will follow the talk.

**Transylvania County Library - Rogow Room**  
**Thursday, August 29**  
**9:30 - 11:30 am**

Questions - Call Alice Taylor at 884-3166 or [silvermont@transylvaniacounty.org](mailto:silvermont@transylvaniacounty.org)

**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.

**STHL**

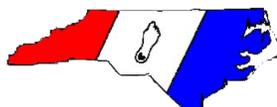
## A New Website for the Senior Tar Heel Legislature

Keeping Seniors Informed - I am delighted to welcome you to the North Carolina Senior Tar Heel Legislature website. It has been an honor to serve as Speaker for this group for the past two years. During my speakership, I have encouraged stronger advocacy on aging issues using all available means including creating our Senior Tar Heel Facebook page and establishing a Senior Tar Heel website.

While the organization celebrated its twentieth year anniversary in March of 2013, the incorporation of this website completes a planned cycle of technology growth. This growth now opens the world up to our organization and shows our commitment to aging issues. ~ John Thompson - Speaker, NC Senior Tar Heel Legislature

The new site features the year's priorities, a directory by county, press releases and details about the STHL and the Friends of STHL. The STHL also has a Facebook page, search North Carolina Senior Tar Heel Legislature.

[www.ncsthl.org](http://www.ncsthl.org) OR  
[www.ncseniortarheellegislature.org](http://www.ncseniortarheellegislature.org)

**HPDP**

## National HIV/AIDS and Aging Awareness Day



National HIV/AIDS and Aging Awareness Day is September 18. HIV (Human Immunodeficiency Virus) can affect everyone and does not discriminate against gender, race and ethnicity, where one lives, and of course, age. The 50 and older group is the fastest growing population with HIV. By 2015, the Centers for Disease Control and Prevention (CDC) estimates that half of the people living with HIV infection in the US will be 50 years of age or older.

Getting tested and connected with treatment for HIV helps reduce the spread of the disease by decreasing the likelihood of transmission. The U.S. Preventive Services Task Force (USPSTF) now recommends routine HIV testing for all individuals aged 15-65. In addition, the USPSTF recommends continuing risk-based testing for individuals younger than 15 and older than 65.

Confidential HIV testing is available for free at any North Carolina Health Department and Western North Carolina AIDS Project. For more information on HIV prevention and treatment, please go to [wncap.org](http://wncap.org).

**FCSP**

## Agencies Receive Contracts to Provide Service for Caregivers in FY 2014

These agencies will provide limited financial assistance to pay for services that will allow the caregiver to enjoy some much needed respite by providing them with occasional relief from their caregiving duties.

- Council on Aging of Buncombe County, Inc. - Respite and case assistance - Buncombe County - Phone: 277-8288
- Council on Aging for Henderson County, Inc. - Respite and case assistance - Henderson County - Phone: 692-4203
- Madison County Department of Community Services - Respite - Madison County - Phone: 649-2722
- Transylvania Regional Hospital Home Care / KOALA Adult Day Services - Respite - Transylvania County - Phone: 883-5254
- Senior Companion Program - Respite - Buncombe, Henderson, Madison & Transylvania County - Phone: 251-6622
- When possible, caregivers will be able to use in-home care, adult day services, short term institutional care or a combination of these services for respite and they may schedule their respite to meet their needs.

Case assistance for family caregivers is also available in Buncombe and Henderson Counties. Social workers and service specialists help the caregiver identify and access supportive services and create a care plan for the caregiver. To learn more about these services, call them or contact Carol McLimans, Land-of-Sky Regional Council's Family Caregiver Specialist at 251-6622 or [carol@landofsky.org](mailto:carol@landofsky.org).

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.

## HPDP Two Balance Training Opportunities

The Western Carolina's Fall Prevention Coalition has two balance training opportunities for interested participants:

### Calling for Balance Partners!

#### A Community Health Worker Program

Training: August 29, 9 am – 3 pm, Land-of-Sky Regional Council

The Fall Prevention Coalition is recruiting 12-15 volunteers to help us understand the best way that individuals in the community can help older adults prevent falls. Volunteers would participate in a research study that would require the items below and a \$50 gift card will be offered for your participation.

- Attending a 6-hour training in September 2013 to learn how you can effectively help an older adult take actions to prevent a fall
- Attending a minimum of one community-based screening event in the fall of 2013
- Being paired with one or two older adults identified as at risk of falling from the screening
- Helping the older adult (phone calls, potentially home visits) for a period of 3 to 6 months to develop and implement a plan for falls risk reduction
- Attending two brief follow up sessions with the other volunteers and researchers from UNC Chapel Hill to discuss the experience and potentially fill out online surveys and questionnaires.

### Catch' Em Before a Fall!

#### Building Better Balance Screener Training

August 30 or September 13, 9 am - 12 pm, UNCA, Sherrill Center

- Increase your fall prevention IQ
- Learn to identify older adults at increased risk for a fall
- Assist with at least one 3-hour Community Screening
- CEUs provided

Individuals previously trained should contact Rebecca about on-line and in-person recertification process.

Interested in either of the Balance Trainings, contact Rebecca at 251-7438 or rebecca@landofsky.org.



## HPDP 2013 Fall Prevention Placemat

Sponsor the 2013 Fall Prevention Placemat Project! Over 1,200 placemats were distributed to hospitals, health care organizations, dining sites and retirement communities including Mission Hospital, CarePartners, Senior Opportunity Center, Marshall Senior Center, Silvermont Opportunity Center and more. Contact Rebecca Chaplin at rebecca@landofsky.org by August 15 if you would like to be a sponsor for this year's placemat. Your organization's logo will be included for a \$150 sponsorship.

**Celebrate Fall Prevention Awareness Week** Falls are Not a Normal Part of Aging! Stay Active, Stay Strong, Stay Standing

**Exercise**

- Choose exercises like Tai Chi that specifically target balance and lower body strength.
- Talk to your health care provider about the best exercise program for you.

**Medication Management**

- Take your medicines to a doctor or pharmacist for review.
- Ask if your medicines put you at risk for falling.

**Vision**

- Have vision checked annually.
- Use nightlights and allow extra time for eyes to adjust.

**Home Safety**

- Keep floors free of small objects that may cause you to trip.
- Remove throw rugs or use double-sided tape to keep them from sliding.
- Store items you use often within reach.

**Did you know?**

- One in 5 older adults fall every year.
- Falls are the most common cause of hospital admissions for trauma.
- Falls are the leading cause of injury death among older adults.
- Catch yourself before you fall with the suggestions from above!

**Prevent Falls Puzzle**

P	N	D	L	M	B	A	Z	T	W	E	D	F	U	A	G
Y	I	Q	E	I	E	B	W	J	V	D	W	T	M	H	
A	G	S	A	M	G	D	A	A	S	O	R	H	S	A	
C	H	L	R	L	U	H	I	L	R	W	K	K	L	A	B
L	T	Q	F	X	O	I	T	C	A	E	F	F	M	Z	G
U	L	C	L	P	D	O	C	I	A	N	N	Q	S	A	A
T	I	A	E	N	W	S	L	N	T	C	E	Q	R	R	
T	O	Z	X	R	O	J	G	E	A	G	I	E	S	D	S
E	H	O	I	C	K	V	U	V	C	C	O	O	S	S	
R	T	O	B	W	Y	D	R	I	P	A	C	Z	N	E	D
H	K	R	I	C	N	W	T	Q	W	R	A	W	S	P	
M	G	B	L	F	V	O	O	A	Z	B	M	P	P	O	K
I	P	M	I	X	C	I	R	M	H	J	J	E	E	O	P
P	L	R	T	G	S	H	H	A	T	C	Y	T	U		
H	B	N	Y	B	U	I	T	M	G	N	W	S	X	I	Z
Y	D	A	E	T	S	V	Y	D	V	I	N	D	E	R	Q

**AWARENESS** CAULDRON VISION  
**GRAB BARS** LIGHTING FLEXIBILITY  
**NIGHTLIGHT** THROW RUGS MEDICATIONS  
**BALANCE** CLUTTER VITAMIN D  
**HAZARDS** LOOSE CARPET STEADY

For Fall Prevention resources and information about Master of Balance or Tai Chi for Arthritic Diseases visit [www.fallpreventioncoalition.org](http://www.fallpreventioncoalition.org)

A&VS

## Need Dental Work?

Dental Lifeline Network is looking for older adults in our region, particularly in Transylvania County, who are in need of minor or major dental work. To qualify, patients must be 65+ or permanently disabled, have transportation, not receiving Medicaid benefits or have private insurance, and have limited income. More details are at the site below along with an application.

<http://nfdh.org/donated-dental-services-dds/state-dds-programs/north-carolina>

If you have further questions, contact Jennifer Gillette at 877-650-9001 or email [jgillette@dentalifeline.org](mailto:jgillette@dentalifeline.org).

## 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 A Few Questions About Elder Abuse

### What is Elder Abuse?

Elder Abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to a vulnerable elder. Elder Abuse takes many forms, including:

- Neglect
- Physical abuse
- Sexual Abuse
- Financial abuse and exploitation
- Emotional or psychological abuse and neglect (including verbal abuse and threats)
- Abandonment
- Self-neglect

Each state defines elder abuse differently. According to available data, financial exploitation is the most common type of elder abuse.

There is some debate over whether mistreatment by strangers, rather than by a person in a trust relationship to the victim such as spouse, child, or friend, also constitutes elder abuse, neglect, or exploitation.

### Just How Big is the Problem?

Unfortunately, we simply do not know for certain. Although there has been relatively little research on incidence and prevalence of elder abuse, a recent study indicated that approximately 11 percent of US elders surveyed had experienced some type of abuse or potential neglect during the previous year. It is important to note that his survey did not include elders with dementia, a segment of the population believed to be at even greater risk for mistreatment, or elders living in long-term care facilities.

Research suggests that elder abuse is significantly underidentified and under-reported, and that as few as 1 in 14 cases of elder abuse come to the attention of authorities.

The most recent national statistics for Adult Protective Services programs indicate that, in 2003, there were approximately 381,430 reports of elder abuse, neglect, or exploitation made to APS across the country. Even when suspicions are reported, the outcomes of the cases are difficult to track.

Information from [http://www.aoa.gov/AoARoot/AoA\\_Programs/Elder\\_Rights/YEAP/index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/Elder_Rights/YEAP/index.aspx)

### Who is at Risk for Abuse, Neglect, and Exploitation?

Elder abuse can happen to anyone - a loved one, a neighbor, and when we are old enough, it can even happen to us. Elder abuse affects seniors across all socio-economic groups, cultures, and races.

Elder abuse can occur anywhere:

- In a person's home
- In nursing homes, assisted living facilities, and other institutional settings
- In hospitals

Based on available information, women and "older" elders (80 and older) are more likely to be victimized, and mistreatment is most often perpetrated by the victim's own family members.

Some common risk factors:

- Dementia
- Mental health or substance abuse issues (victim, perpetrator, or both)
- Social isolation
- Poor physical health, which increases vulnerability and therefore may increase risk

## PROTECT SENIORS

Financial Exploitation

.....

Physical Abuse

.....

Neglect

.....

Emotional Abuse

YEAR  
— OF —  
ELDER  
ABUSE  
PREVENTION



[www.aoa.gov/YEAP.html](http://www.aoa.gov/YEAP.html)

## 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 Save the Date - CAC Retreat

Community Advisory Committee members are invited to attend the 2013 Annual CAC Retreat at the Governor's Western Residence. Each year the Ombudsman Program hosts a day long educational event with speakers (listed below) from the Division of Aging and Adult Services and local organizations and agencies. The day will include a light breakfast, lunch, appreciation gift and door prizes.

For being strong advocates for residents in long-term facilities, this year's CAC Retreat will focus on TEAM - Together Everyone Achieves More!

**Wednesday, September 18**  
**9 am - 3 pm**  
**Governor's Western Residence**

Guest Speaker will include:

- Denise Rogers, State Ombudsman  
Division of Aging and Adult Services
- Carolina Knox, Elder Law Attorney  
The Van Winkle Law Firm
- Eric Wise, U.S. Postal Inspector

Invitations will be coming your way soon!



*Long-Term Care Ombudsmen L-R: Terry Collins, Barbara Hinshaw, and Ruth Price*

## Who Do You Call for LTC Facility Concerns?

- Barbara Hinshaw** - Buncombe County Adult Care Homes
- Terry Collins** - Henderson County & Transylvania 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.

## CAC Members

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

### Welcome:

Nancy Maravilla and Nancy Sloan - HC ACH/NH CAC

### Thanks and Farwell to:

- Vicki Eatmon and Kermit Sprinkles - BC ACH CAC
- Lorrie Shelly - HC ACH/NH CAC
- Barbara Johnson - TC ACH/NH CAC

**Thank you for your services!**  
**You will be missed!**



## CAC Meeting Calendar

- Buncombe County ACH:** Aug 16, Sept 20, Oct 18
- Buncombe County NH:** Oct 17
- Henderson County ACH/NH:** Aug 14, Sept 11, Oct 9
- Madison County ACH/NH:** TBA
- Transylvania County ACH/NH:** TBA

# 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 2013 Wellness Expo

The Volunteer Services Department will host the region-wide Wellness Expo as the kick-off to International Active Aging Week (AAW).

The AAW theme of "Discover Your Community" opens the door to discovering new places and friends as well as the civic and volunteer contributions so often made by older adults. The Expo is open to everyone and primarily targets the mature population. 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 us kick-off Active Aging Week and explore the Wellness Expo!

Land-of-Sky Regional Council will be presenting the

## 2013 Wellness Expo

Monday, September 23  
Biltmore Square Mall  
10 am - 2 pm  
FREE Admission

DISCOVER YOUR COMMUNITY

Come help kick-off Active Aging Week's DISCOVER YOUR COMMUNITY by participating in this year's expo. There will be flu shots, free health screenings, samples, healthy snacks, exercise demonstrations, and much more!

The graphic features a speech bubble with the text "DISCOVER YOUR COMMUNITY" surrounded by a yellow starburst border. Below the speech bubble is a row of colorful houses in shades of red, orange, and yellow. The background is a light blue sky with green hills and several colorful starburst patterns in purple, blue, and yellow.

## SCP Senior Companions Volunteer Receives Honor

Betty Howard probably didn't realize she would spend more than 25 percent of her life being part of the Senior Companion Program when she signed up in 1989 at the young age of 62. But 24 years later, she is still caring for others and being honored for her volunteerism.



Senior Companion Betty Howard

Earlier this year, Betty was a runner-up for the prestigious Kathleen Godwin Cole award presented by the Volunteer Services Department. Betty volunteers at DayStay Adult Day Center in Buncombe County. In his nomination of Betty, Chris Georgiades, her supervisor, said "Betty is an amazing asset in caring for participants, and her volunteer efforts have allowed DayStay to provide better care to more participants. Not only has she provided an extra pair of eyes to watch over participants, she has a great understanding of their needs and interests."

Illness prevented Betty from attending the Kathleen Godwin Cole presentation, but the SCP volunteers honored her during their June in-service meeting. Georgiades was on hand to present her with flowers and to present her with her award certificate and to honor her 24 years of service.

"Betty is a wonderful encourager, and everyone at DayStay loves her. Her age and her spirit are an inspiration to us all."

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

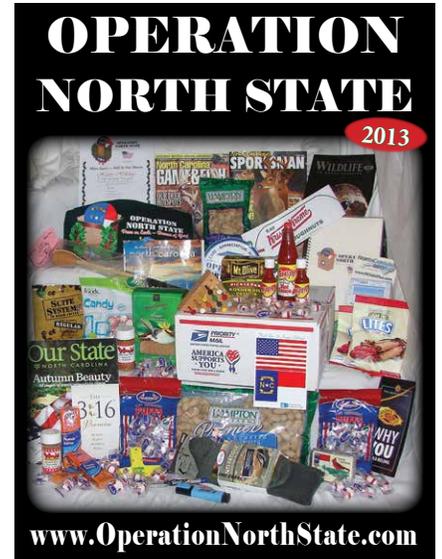
The Foster Grandparent Program connects volunteers age 55 and over with children with exceptional needs. Their efforts enhance a child's physical development, improve the children's self-esteem and, in general, they serve the children as invaluable role models. Their service and kindness fosters hope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

VS

## 9/11 National Day of Service - Saying Thank You to our Active Duty Military Personnel

On the anniversary of the September 11th attacks, Americans will unite in service in the same remarkable way that so many came together following the attacks. In 2009, Congress designated September 11th as a National Day of Service and Remembrance under bipartisan federal law, and charged the Corporation for National and Community Service with helping to support this effort across the country. This effort is an inspiring tradition of engaging in charitable service on 9/11 as an annual and forward-looking tribute to the 9/11 victims, survivors, and those who rose up in service in response to the attacks.

This year the Land-of-Sky Regional Council will be honoring the 9/11 National Day of Service with a volunteer service project dedicated to recognizing the commitment our active military personnel make everyday to serve and protect. Operation North State (ONS) is a nonprofit, volunteer organization that packs boxes filled with products from North Carolina and ships them to troops stationed around the world. For the past 4 years, ONS has sent thousands of specialty holiday boxes to our troops, all filled with donations of toiletry items, magazines and snack foods.



Community Members, along with volunteers with RSVP, Foster Grandparents, Senior Companion, AmeriCorps/Vista programs are invited to a 9/11 Drop-In at the Land-of-Sky Regional Council located at 339 New Leicester Hwy, Suite 140, in Asheville on Wednesday, September 11th between the hours of 9 a.m. and 1 p.m. Come out and drop-off a comfort item and spend a moment writing a thank you letter.

Items requested include: bar soap, stick deodorant, toothbrushes and toothpaste, and tubes of antibiotic ointment. Another popular item among the troops: Texas Pete Hot Sauce. All items collected will be donated to ONS to be placed in holiday boxes. Those who wish to participate but are unable to attend are encouraged to write thank you letters and email them to [rsvp@landofsky.org](mailto:rsvp@landofsky.org). For more information please contact RSVP Coordinator Patti Cameron at 251-6622 or [rsvp@landofsky.org](mailto:rsvp@landofsky.org).

A&VS

## Connect to Protect

TRIAD & Osher Lifelong Learning Institute (OLLI) are partnering to bring you FREE educational seminars. Please join us for any (or all) of these great presentations! From more details on the seminars, contact LeeAnne Tucker at 251-6622.

**Mondays, 2:00 - 3:00 pm**

**UNC Asheville's OLLI, Room 206**

Reuter Center, One University Heights, Asheville

**September 23** - Protect Against ID Theft

**September 30** - Protect Against Frauds and Scams

**October 7** - Protect Against Exploitation

**October 14** - Protect Against Medication Diversion

**October 21** - Protect Against Personal Harm



Osher Lifelong Learning Institute  
at UNC Asheville

TRIAD is a partnership among law enforcement, older adults, and those providing services to seniors. TRIAD's focus is to reduce the criminal victimization of older citizens. TRIAD works to decrease unwanted fear of crime and improve the safety and quality of life for seniors.

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

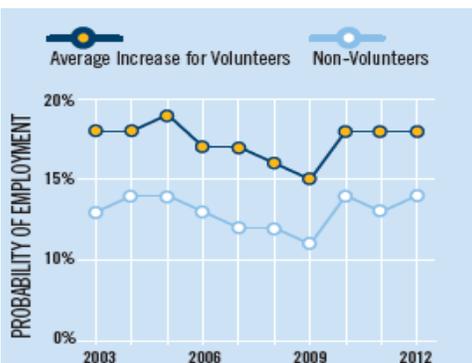
Volunteer Services is a program of the Corporation for National and Community Service, an independent federal agency created to connect Americans of all ages and backgrounds with opportunities to give back to their communities and their nation. More than five million Americans are engaging in service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

VS

## Volunteerism: A Pathway to Employment

Did you know that volunteering increases your chances of landing employment by 27%? Those of us who work with volunteers have known this for years but there has never been any scientific research to prove it, now thanks to the Corporation for National and Community Service (CNCS) there is.

In 2012, CNCS conducted ground-breaking research into the relationship between volunteering and finding employment. Results were presented at the Points of Light Conference on Volunteerism held in Washington, D.C in June of this year to a crowd of over 1,000 VISTA, AmeriCorps, and Senior Corps staff. Findings included:



- Volunteers have a 27 percent higher likelihood of finding a job after being out of work than non-volunteers.
- Volunteers without a high school diploma have a 51 percent higher likelihood of finding employment.
- Volunteers living in rural areas have a 55 percent higher likelihood of finding employment.

The report sends a clear message to those looking for work: volunteerism leads to employment by increasing valuable work experience and contacts. For policy makers, the message is to support organizations that enlist volunteers. Not only does it pay off for the people who serve, but also for those they help.

The relationship is stable across time and economic conditions.

Read the full report here: "Volunteering as a Pathway to Employment: Does Volunteering Increase Odds of Finding a Job for the Out of Work?" [http://nationalservice.gov/sites/default/files/upload/vol\\_emp\\_executivesummary.pdf](http://nationalservice.gov/sites/default/files/upload/vol_emp_executivesummary.pdf)

RSVP

## RSVP Member Benefits! Complimentary Theater Tickets

Complimentary Theatre Vouchers are available to RSVP, Foster Grandparent and Senior Companion 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, please contact Janice Payne at (828) 251-6622 ext. 108 or [janice@landofsky.org](mailto:janice@landofsky.org).

We currently have a surplus of tickets available for SART (Southern Appalachian Repertory Theatre), Asheville Community and Brevard Music Center.



RSVP

## RSVP Refer-A-Friend

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 Pat Wakeley of Hendersonville for referring William Dalbec 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!

## August

- 10 **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 9 - 10:30 am
- 12 **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 13 **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 13 **Caregiver Support Program Advisory Committee Meeting**, Mashburn Medical Center in Marshall, 11:30 am - 1 pm
- 19 **TRIAD of Buncombe County Meeting**, LOSRC, 2:30 - 3:30 pm
- 20 **Living Healthy with a Chronic Condition begins\*** Battery Park Apartments, 1 - 3:30 pm
- 21 **Living Healthy with a Chronic Condition begins\*** Hillcrest Community Center (free to community members, 4:30 - 7 pm)
- 21 **Culture Change in Aging Network of Buncombe County (CCAN) Meeting**, LOSRC, 10:30 am - 12 pm
- 29 **Balance Partners Training**, LOSRC, see page 5
- 29 **CRC Partnership Meeting**, Transylvania County Library, see page 3
- 29 **Caregiver Workshop - Caregivers Need To Be Cared For Too: Caring For The Carer**, First Baptist Church of Asheville, 2 - 4:30 pm. This MemoryCare presentation is free to the public but registration is required. To register, call 274-4801, when you hear the "Cisco" message enter ext 2249.
- 30 **Building Better Balance Screener Training**, UNC Asheville, see page 5

# Calendar of Events

## September

- 2 **Labor Day**, Land-of-Sky Offices **CLOSED**
- 6 **Exploring Community and Independence Workshop "Shared/Collaborative Homes"**, LOSRC, 9 am - 1 pm. This workshop explores the emerging varieties of shared housing or collaborative homes. Registration is \$10, lunch included. For more info or to register contact Janice at 251-6622 or janice@landofsky.org.
- 9 **LGBT Elders Advocates Meeting**, LOSRC, 2:30 - 4 pm
- 11 **Project C.A.R.E. Fundraiser**, Vinnie's Neighborhood Italian. Vinnie's will be donating 10% of their proceeds to go towards Project C.A.R.E. funding.
- 11 **9/11 National Day of Service**, LOSRC, see page 9
- 13 **Building Better Balance Screener Training**, UNC Asheville, see page 5
- 16 **TRIAD of Buncombe County Meeting**, LOSRC, 2:30 - 4 pm
- 18 **Community Advisory Committee Retreat**, see page 7
- 18 **Culture Change in Aging Network of Buncombe County (CCAN) Meeting**, LOSRC, 10:30 am - 12 pm
- 21-18 **Active Aging Week**, see page 1 for AAW events
- 23 **Wellness Expo**, Biltmore Square Mall, see page 8
- 24 **WNC Fall Prevention Coalition Meeting**, LOSRC, 11:30 am - 2 pm
- 30 **Living Healthy with a Chronic Condition begins\*** CarePartners Health Service, 2 - 4:30 pm

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



## October

- 7 **LGBT Elders Advocates Meeting**, LOSRC, 2:30 - 4 pm
- 9 **LOSRC's Annual Celebration**, Asheville Ballroom & Dance Centre, see page 3
- 10 **Aging Advisory Council Meeting**, Henderson County Historic Courthouse 10 - 11:30 am
- 11 **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 9 - 10:30 am
- 14 **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 15 **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 17 **Alzheimer's Association Caregiver Education Conference**, Biltmore Baptist Church in Arden
- 21 **TRIAD of Buncombe County Meeting**, LOSRC, 2:30 - 3:30 pm
- 25 **Fraud & Scam Summit Meeting**, LOSRC, 10 - 11:30 am

## November

- 4 **LGBT Elders Advocates Meeting**, LOSRC, 2:30 - 4 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 2 - Issue 3: August - October 2013



### A&VS

#### 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  
**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.