AGING AND VOLUNTEER SERVICES

Creative Regional Solutions for Buncombe, Henderson, Madison and Transylvania Counties

LAND OF SKY REGIONAL COUNCIL

Vol 3 - Issue 3: August - October 2014

CCAN

My Parents, Myself

The Culture Change in Aging Network of Buncombe County July Blog by Linda Kendall Fields

"I am no bird; and no net ensnares me: I am a free human being with an independent will."
Charlotte Brontë, Jane Eyre

With the memory of fireworks still reverberating in my head, I'm taking this month in which we celebrate our nation's independence to reflect on the value of independence in my life and the lives of my parents, now 89 and 91 years old.

The family in the photograph from the `60s includes my mom and dad, two brothers, and me. Reports from my mother indicate that while a thoughtful and sensitive child, I also had a will of iron. At age two, I had to be awakened early so that I could struggle to put on clothes and shoes by myself – so strong was my sense of self determination and independence!

Later, in my teens and twenties, I was on the way to true independence…sort of. At college, I occasionally made tearful telephone calls home seeking support and reassurance. Distraught parents would check in a day later on their frightened and vulnerable daughter only to find an oblivious, independent being wondering "why on earth" they had tossed and turned the night before with worry.

Time moved on and after I was married with children, my parents began moving to be near my growing family and me. They left Kansas for Indiana; Indiana for Georgia; Georgia for Asheville, North Carolina – giving up their own neighborhoods, churches, and friends to stay close to family – and a daughter who had specialized in gerontology.

I must admit that my delight at having these loving, supportive parents and grandparents nearby was sometimes offset by a slight claustrophobia as I struggled with family roles and parental expectations that felt confining to me. "I am no bird; and no net ensnares me…"

These days, I am joining the ranks of an estimated 24 million adult children in the U.S. providing support to elder parents. The number of adults taking care of aging parents has tripled in the past 15 years, and a full 25 percent of grown children are helping their parents by providing either personal care or financial assistance.

Lovingly referred to as the "bills and pills" lady, I set up my father's medications, oversee finances, offer daily emotional support and reassurance, coordinate medical appointments, and accompany them to many of these. And when an acute crisis strikes as it did recently, I play a central role in managing all aspects of the hospital/health care scene. All this while raising two children at home and working full-time…

My brothers, Tim and David, live in Oregon and New York (respectively) and while they're not nearby, they are extremely supportive and willing to drop everything to help when things get rough. I'm truly blessed with a great family.

See page 5 for the remainder of the story and a brief bio on Linda Kendall Fields

AREA AGENCY ON AGING

AAA Area Agency on Aging

The Area Agency on Aging is a leader and catalyst in helping older adults in our four county region lead more independent, vibrant lives. Part of the national network of aging agencies established by the Older Americans Act, we work to strengthen home and community care for older adults.

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.

PC A Church Congregation Partners with Project C.A.R.E. to Help Family Caregivers

In the last couple of years, members of several different church congregations have generously donated time, energy and expertise to families served by Project C.A.R.E. (Caregiver Alternatives to Running on Empty). Most recently it was New Morgan Hill Baptist Church in the Biltmore Lake Community in Candler that positively impacted the lives of several Project C.A.R.E. clients. New Morgan Hill supports a variety of mission projects at home and abroad. Close to home, the entire congregation is involved in providing a variety of home and yard maintenance services to couples and families who because of age and/or disability are not able to perform the tasks that need doing and who lack the funds to easily hire someone to do the work for them.

When church members Barbara and Harold Lunsford partnered with Project C.A.R.E., they and other volunteers from the church were connected with some special people--men and women who are caring for a relative -- a husband, a father, a wife, a mother, a sibling, a grandparent, an in-law, or a close friend who has dementia (a loss of brain function that occurs with certain diseases and affects memory, thinking, language, judgment, and behavior). The role of dementia caregiver needless to say is a demanding one.

Here's a run-down of the tasks that various work parties comprised of men and women and sometimes children completed for Project C.A.R.E. families:

1. Bushes were trimmed and other yard tasks were done at the home of an elderly couple, a former local business owner and homemaker, who can no longer do these things for themselves due to physical disability and Alzheimer's disease.
2. Exterior windows were washed and the garage and basement were swept clean at the home of a former Buncombe County firefighter who is suffering from late-stage Alzheimer's disease and who receives excellent care from his wife who has had to take on all the tasks that he used to do in addition to caring for him,
3. Mulch was spread at the home of a middle-aged couple, childhood sweethearts, whose world changed forever when he was diagnosed in his forties with Pick's disease, a rare neurodegenerative disease that causes progressive destruction of nerve cells in the brain that leads to loss of speech and dementia.
4. At a small mobile home park where lives a former employee of American Enka and a home and office cleaning professional, parents of five, roof coating was applied to the home to increase the its energy efficiency and keep it cooler during the summer months.
5. A very elderly lady who suffers from mild vascular dementia received the gifts of exterior window washing, front step painting and a handrail for the newly painted concrete steps.

The families who benefited from New Morgan Hill Baptist Church's mission work in their local area were very grateful for what they received and the volunteers expressed much gratitude for being given the opportunity to help and have indicated that they would like to continue the church's mission to serve its own community on an ongoing basis. Project C.A.R.E. staff plans to do what it can to keep the partnership (and others like it) going strong.

Looking for Respite

The Family Caregiver Support Program contracts with organization to provide limited financial assistance that may be used to pay for respite services. Due to limited funding, this assistance is reserved for those most in need. Note there may be a waiting list. Caregivers should contact the following organizations for respite:

Buncombe

- Council on Aging of Buncombe County, 828.277.8288
- CarePartners, 828.277.3399

Henderson

- Council on Aging for Henderson County, 828.692.4203
- CarePartners, 828.277.3399

Madison

- Madison County Department of Community Services, 828.649.2722

Transylvania

- KOALA Adult Day Services, 828.884.2980

Caregivers of persons with dementia in Buncombe, Henderson, Madison, and Transylvania Counties may also contact Project C.A.R.E, 828.251.7485.

FCSP Family Caregiver Support Program

The Family Caregiver Support Program was established to help family and informal caregivers care for their loved ones at home for as long as possible. FCSP provides information to connect caregivers with resources; counseling support groups and education; respite (short term relief for caregivers; and short term to one time only services.

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. They can connects caregivers with community resources and arrange funding to help pay for temporary relief, known as respite. Project C.A.R.E. helps reduce caregivers stress and exhaustion so that people with dementia can remain at home for as long as possible.

CCAN The Culture Change in Aging Network of Buncombe County Visits to the Neighbors in Conover, NC

The Culture Change in Aging Network (CCAN) of Buncombe County recently made a site visit to another organization focused on enabling communities to establish programs for older adults to continue to live safely and independently in their homes and communities. The Neighbors Network brings participants in the Newton-Conover area together to support one another, gain independence and make everyday responsibilities easier and more enjoyable. This organization is rooted in the national Village-to-Village Network model brought to national attention through the Beacon Hill Village model in Boston.

The Neighbors Network program objectives include provision of information and referral services, education and socialization for its members, and a referral network to include vetted vendors/providers for professional and home services.

In addition to the CCAN participants, several individuals seeking community in Weaverville, NC attended the July 1 event and were able to share their vision in developing a similar Village to Village program in the region. Plans have been made to connect the Weaverville and CCAN groups for a meeting in the near future with the goal of establishing a working relationship to increase the support and confidence of older adults to live safely and to the fullest in their communities.

A&VS Community Connections - Transportation Options for All Ages

Come to a fun event filled with hands-on learning and discussion about transportation options for all ages, the young and the old, on Friday, September 19th. This will be Friday before the start of the Active Aging Week.

September 19, 2014 • Land of Sky Regional Council • 9:00 am - 4:00 pm

Our senior community is growing in WNC, and people are looking for options to age in place and retain their independence. At the same time, working families with young children are also looking for affordable and accessible ways to get to school, to work and to other important destinations. Transportation options accessible for people "from 8 to 80", from safer sidewalks to bus service to paratransit can be a part of the solution. We invite community leaders, interested citizens, transportation and social services stakeholders, local government staff and elected officials to join us in a one-day conversation focused on the issues of transportation for all ages. This event is targeted to Buncombe, Haywood, Henderson, Madison and Transylvania Counties. Community stakeholders, citizens and staff from the wider Western North Carolina region are invited.

The morning schedule will include an overview of demographic issues in the region, and panel of transportation experts and local government staff. After lunch, we will break up into groups to take a walk to look at pedestrian safety accommodation examples, and then groups will report back on the findings. Lauren Blackburn with NCDOT Bicycle and Pedestrian Unit will be our keynote speaker, rounding out the day. Transportation providers and companies with innovative transportation technologies are invited to table at the event.

The event will include breakfast and lunch. Registration fee: $35/scholarships available. Location: TBD (in Asheville). Please contact lyuba@landofsky.org if you have questions about the event.

SCSEP Senior Community Services Employment Program

Are you unemployed, at least 55 years old, earn a total family income of no more than 125% of the federal poverty level? The Senior Community Services Employment Program can provide you with training to gain meaningful part-time work experience in community service at a non-profit or governmental organization, as well as unsubsidized employment in the private sector.

HPDP Health Promotion and Disease Prevention

Community-based prevention programs save lives and money. They also support older adults in maintaining optimal physical, mental, and emotional health. Health Promotion and Disease Prevention efforts are focused on partnering to deliver evidence-based health promotion programs; reducing the number of falls and fall related injuries; and self-managing of chronic diseases.

SCSEP Welcome Aboard Mark Jackson!

In May of 2014, Mark Jackson became the newest Participant to join the Senior Community Service Employment Program (SCSEP). A native of Iowa, Mark is a three times decorated Veteran who served 10 years in the United States Navy. His service included time in Vietnam and Korea. Upon exiting the service, Mark worked in a variety of jobs that has included being an undertaker, working with the mentally ill, acting and working in emergency rooms and as an Operating Room Technician.

The Senior Community Service Employment Program (SCSEP), sometimes called Title V, is designed to provide unemployed adults 55 and older with enhanced job skills that will allow them to re-enter the regular work force. Program participants must also reside within the Land of Sky Regional Council service area and meet certain income guidelines determined by the federal Department of Labor. The SCSEP program may provide a variety of training options to participants that can include courses that lead to obtaining a GED, basic computer classes, job search, interview and other training deemed necessary to enhance the persons ability to find employment. The primary means in enhancing job skills, however, is the placement of the participant with a government or non-profit agency, also called a host agency. The participant provides community service hours to the host agency, while obtaining job skills in a work environment. SCSEP provides minimum wage pay to the participant for their work time, and the host agency provides supervision and training.

Having set his sights on working in the culinary field, Mark is currently training in the kitchen at the ABCCM Veterans Restoration Quarters under Chef Erik Cox. He has also been involved with the Culinary School at A-B Tech. With an ethos that he can achieve anything he sets his mind to, and a track record of diverse employment to back it up, there is every reason to believe that Mark will find success in Asheville's burgeoning restaurant scene.

FCSP Conversations with Caregivers

In the coming months, Carol McLimans, Family Caregiver Specialist, will host *Conversations with Caregivers* in Buncombe, Henderson, Madison, and Transylvania Counties. These small group meetings with family caregivers will provide caregivers with the opportunity to share their stories and gain information about resources for caregivers in additional to learning ways to help themselves as well as the person they care for.

Conversations with Caregivers will be held in Senior Centers, churches, and other locations. Stay tuned for more information. Contact Carol, carol@landofsky.org, if you are interested in hosting or participating in one of these events.

FCSP Alzheimer's Workshop in Hendersonville Empowers Caregivers

Land of Sky Regional Council's Family Caregiver Support Program partnered with Alzheimer's North Carolina to provide a workshop for family members and friends of those with dementia. Over 70 people attended this event hosted by the First Baptist Church of Hendersonville. On-site respite was available and several participants used this service.

Participants learned how to communicate better with those who have dementia and practiced some techniques for approaching the person. Dementia Training Specialist Melanie Bunn provided valuable information about dementia care and asked participants to find a partner to practice what they had just learned. Participants left this interactive workshop with practical knowledge they will use to help themselves as well as the person with dementia.

For information about Alzheimer's NC, visit their website www.ALzNC.org.

Participants practiced the "Connect with the Positive Physical Approach" technique.

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.

CCAN My Parents, Myself continuation

For the most part, I have enjoyed playing this important role in my parents' lives and I share in their desire to maintain their independence. In spite of cognitive changes and physical frailties, these two are demonstrating the very will of iron and thirst for freedom they undoubtedly passed on to me. They are undeterred in living independently in their own condominium with as little assistance as possible.

Center Top: Linda Kendall Fields

My background in gerontology and knowledge of community resources has been helpful, but has provided no lasting answers to the "tug and pull" of dependency and "independency." So what is the answer? How can we all keep "the net from ensnaring us?" How do I honor my parents' wishes and my own life as well?

The answer for me right now is that there is no definitive answer. This is a family story that is unfolding - things can change quickly and unexpectedly. As a colleague and friend told me, "Linda, you will want to fix this and I'm telling you, there is no fixing this. You're going to have to roll with it."

So that's it… rolling with it…engaging in the dance between independence and dependence. Planning ahead as best I can and then…allowing faith to steady me; reaching out to friends and family; taking in the beauty of nature; enjoying the good things, even during the tough moments. Claiming my life in both giving and receiving…

A Brief Biography of Linda Kendall Fields, M.Ed.

Linda Kendall Fields, M.Ed., has been dedicated to building communities that are responsive to the needs and contributions of older adults and people with disabilities for over 30 years. During her career, she has worked for health care organizations; state and local government agencies; and, other aging and disability service organizations in Minnesota, Oregon, Ohio, Georgia, and North Carolina.

Since moving to Buncombe County in 2002, Linda has served in numerous capacities as an independent contractor. Presently, she is Coordinator of the Land of Sky Community Resource Connections (CRC) as well as the Buncombe County Aging Plan, which includes the Culture Change in Aging Network (CCAN). She remains involved at the state level as the Program Specialist for the NC Lifespan Respite Grant through the NC Division of Aging and Adult Services and Outreach Facilitator for the "Money Follows the Person" demonstration project through the NC Division of Medical Assistance.

Additionally, Linda is also a violinist and private music teacher at the Asheville Music School. A mother of four, she lives in Fairview with her husband, 11-year old daughter, 16-year old stepson, and three dogs.

2014 Aging in Place - It's In Your Future Conference

September 25, 2014 • Blue Ridge Community College, Flat Rock • 8 am - 3:30 pm

Learn tips for happy, healthy retirement living! Showcase of Aging Projects, Inc. providers, national and regional presenters on topics relevant to aging in place, raffle prizes, refreshments, lunch and so much more. There is no cost to attend due to sponsor support. For more information and to register go to http://www.agingprojectsinc.org/HendersonNC/api/events.php

STHL Senior Tar Heel Legislature

The Senior Tar Heel Legislature was created to provide information to senior citizens on the legislative process and matters being considered by the North Carolina General Assembly; promote citizen involvement and advocacy concerning aging issues; and assess the legislative needs of older citizens by convening a forum modeled after the North Carolina General Assembly.

CRC Community Resources Connections

Community Resource Connections for Aging and Disabilities 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, transitions partnership with hospitals and nursing facilities.

LTCOP A Big Welcome to Our New Ombudsman - Julia Gibson

We welcome Julia Gibson as the newest addition to our Long Term Care Ombudsman team. Julia has spent almost three decades working in long term care in Buncombe County. She is a Certified Activity Director, a Certified Nursing Assistant, a Licensed Nursing Home Administrator, and a Licensed Assisted Living Administrator. She has worked in nursing homes, assisted living facilities, and Continuing Care Retirement Communities as a Social Worker, Case Manger/Discharge Planner, and Marketing Director. She has a Master's degree in Gerontology from the University of North Carolina Charlotte as well as a Bachelor's degree in Sociology and a Certificate in Health Care Administration from the University of North Carolina Asheville.

Ombudsman Julia Gibson

Julia's responsibilities as a Regional Ombudsman will be to:

- Advocate for residents rights for individuals living in nursing homes and adult care homes
- Consultant to Community Advisory Committee Members
- Consultant to people who need information about long term care
- Coordinator and/or provider of elder abuse education
- Provide quarterly orientation for Community Advisory Committee Members

LTCOP Changes in Voting Laws for Residents in Long-Term Care Facilities

Voting laws and procedures for residents of Long-Term Care Facilities in North Carolina have change. Assuring residents' right to vote will require education to long term care facilities and volunteer involvement.

Long-Term Care Facilities may not assist residents in obtaining absentee ballots. Residents without family or friends to assist in this process can obtain assistance from Multipartisan Assistant Teams (MAT) through the Board of Elections. The MAT teams are made up of volunteers who can go to facilities and assist residents in completing their forms to obtain and return absentee ballots. If you are interested in volunteering to educate long term care facilities or to be on a MAT team, please contact the Board of Elections. For a complete copy of the rules, go to http://reports.oah.state.nc.us/ncac/title%2008%20-%20elections/chapter%2013%20-%20interim%20rules/chapter%2013%20rules.html

Other contacts:
AAUW Advocacy Leader, Annie Sayers
annesayers423@gmail.com
Citizen Voting Advocate, Annie Butzner
abutzner@yahoo.com
Contact your board of Elections
www.demnc.co/myboard

LTCOP Buncombe County Volunteers Needed

If you're looking for a rewarding way to contribute to your community, consider being a Community Advisory Committee (CAC) Member. These volunteer advocates assure that the rights of people living in long-term care facilities are honored through formal and informal visits. Volunteers receive training through the Area Agency on Aging's Regional Ombudsman Program.

Volunteers need to be residents of Buncombe County. Duties include attending CAC meetings, visiting facilities regularly, and communicating with residents and staff. To be eligible to serve, volunteers cannot have a family member who lives in a Buncombe County facility nor can they have a financial interest in a facility including having a family member who works in a facility.

The County Commissioners appoint CAC members. To participate in this important work and get to know some very special people who will appreciate your attention, please contact Ruth Price, Regional Ombudman, ruth@landofsky.org or Julia Gibson, julia@landofsky.org.

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. We work with residents, family members, concerned citizens, facilities, and public or 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.

LTCOP Exactly What Does a Regional Long-Term Care Ombudsman Do?

Many people understand the concept of an Ombudsman being an advocate for residents of nursing homes and adult care homes. A question that might not have been answered so clearly in the past is, "Exactly what does a Regional Ombudsman do on a daily basis to protect resident rights?"

Here is an example of a potential scenario and how an Ombudsman might handle it:
One right that is explicitly outlined in the Nursing Home and Adult Care Home Bill of Rights is: "To be treated with consideration, respect, and full recognition of personal dignity and individuality."

Scenario: The Ombudsman receives a call from a nursing home resident who is transgender. This resident expresses that she does not feel like the staff give her equal treatment and that she is an object of ridicule at times. This is how the Ombudsman responds:

1. Ombudsman goes to the nursing home and talks with the resident, gathering information on specific scenarios where the resident did not feel she was being treated with respect and dignity. The Ombudsman (after getting consent from the resident to pursue her concerns) then interviews staff members about their care of the resident and finds that some staff members do have reservations about dealing with this resident because she is transgender.
2. The Ombudsman meets with the Nursing Home Administrator to discuss the matter, and suggests that staff training on dealing with issues of diversity and acceptance of individuals is needed. The Administrator expresses concern about the cost of providing a guest speaker to teach on this topic.
3. The Ombudsman make contact with local LGBT (Lesbian, Gay, Bi-Sexual, Transgender) advocacy groups and finds a group willing to supply a speaker at no cost to the facility. The Ombudsman attends this training session held for the facility staff and helps to answer questions at the end of the training.
4. The Ombudsman follows-up with a visit to the resident after the staff training session to ensure the resident feels the training was helpful in her being accepted as an individual and receiving all the care and services she needs. The Ombudsman also talks with staff members to follow up on any concerns they have about respecting individual rights while they are providing care.

Building Better Balance Screenings

Learn more about your state of balance! This Balance Screening is sponsored by the WNC Fall Prevention Coalition, ABIPA, and Bethel Seventh Day Adventist Church. The screening will take about 10 minutes and includes a few questions and completion of one balance activity. Participants will then receive information on resources to continue to build better balance and reduce the likelihood of a fall.

Saturday, August 23, 2014 • 2 - 4 pm
Bethel Seventh Day Adventist Church
238 S French Broad Ave, Asheville

Thursday, August 28, 2014 • 1 - 3 pm
Silvermont Opportunity Center
364 East Main Street, Brevard

VOLUNTEER SERVICES

VS Volunteer Services

Volunteer Services involves, empowers, and enriches the lives of volunteers and those they serve within the community. We connect adults 55 years and older with the people and organizations that need them most. Become a mentor, coach, or companion to people in need, or contribute your job skills and expertise to community projects and organizations.

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.

VS Land of Sky Receives NADO 2014 Innovation Award

Land of Sky Regional Council received a 2014 Innovation Award from the National Association of Development Organizations (NADO) Research Foundation for the *2014 MLK Day of Service Project*. In observance of the MLK Day of Service, Land of Sky Regional Council's Senior Corps Programs partnered with Hands On Asheville-Buncombe and AmeriCorps to celebrate Dr. King's work by creating an opportunity in which over 300 community residents, of all ages gave back to their neighbors, their friends, and their community by answering Dr. King's question, "What are you doing for others?"

"For 28 years, NADO's Innovation Awards have recognized regional development organizations for their hard work and commitment to promoting economic development in rural and small metropolitan communities across the country. Award recipients have created innovative solutions that build on the unique strengths and challenges of their regions, all while continuing to promote sustainable economic growth not only now, but for many years to come," said NADO President Peter Gregory.

RSVP New Partnership with Rise and Shine After School Program

RSVP is proud to announce that we are partnering with Rise and Shine After School Program in Transylvania County to help support and increase their academic tutor base.

Rise & Shine opened its doors in 1996 providing one to one academic tutoring/mentoring and support daily. Currently, the program serves 50 kindergarten through twelfth grade students. The program is unique in that it works with at-risk youth and has a dynamic enrichment program that focuses on equality, empowerment, and service learning.

RSVP will be recruiting for three positions: Homework Tutors, STEM Tutors, and Guided Readers Tutors. Homework Tutors work as a team to ensure kindergarten through fifth grade students receive tutoring four days a week. Each team member takes a day, Monday through Thursday, from 3:50-5:50 pm. Volunteers help students check over completed homework. If a student has not completed his/her homework, the tutors assist in the process.

STEM Tutors focus on science and technology through fun and educational hands-on projects. Tutors works with small groups in the sixth through twelfth grades to design and create various science and engineering based projects such as building roller coasters, constructing and shooting off model rockets, and baking various foods to discuss chemical reactions. Curriculum, materials, and supplies are provided onsite. Volunteers serve from 4:50-5:50 pm. STEM tutors can also focus on helping sixth through twelfth grade students in mathematics. The tutors are assigned one to two students to help them with math homework and to provide additional math tutoring.

Guided Reader Tutors is the only position where they need volunteer with previous literacy or teaching experience. These tutors work with children in kindergarten through fifth grade in small groups to help them read through selected scholastic books and to help students apply various literacy strategies.

Volunteers at Rise and Shine are supported through orientation and training. They receive specialized training in racial equity and are encouraged to attend weekly team meeting to get to know each other and to discuss strategies for help the student they work with as a team to succeed.

Rise and Shine is a great fit for RSVP. We are excited to see our volunteer share their great wealth of knowledge, experience, and caring hearts that these students need to succeed. If you or someone you know is interested in volunteering with RISE & Shine, contact RSVP Coordinator Patti Cameron, patti@landofsky.org.

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.

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.

SCP The Senior Companion Program Celebrates 40 Years of Service

This year, the Senior Companion Program celebrates 40 years of service to our nation's most vulnerable senior adults, helping them to remain independent and to age gracefully in their homes. The following letter from Dr. Erwin Tan, the Director of Senior Corps, reflects the program's commitment to serve seniors across the nation and gives an overview of the values driving our program.

But the story of the Senior Companion Program is best told by the lives of those impacted by our services. In our community, close to 60 Companions work an average of 20 hours per week providing companionship, transportation, light housekeeping, and meal preparation to help those seniors who need just a little extra assistance to be able to stay in their homes. A breakdown of the numbers shows that since October 2013, our Companions have served 55 clients who were isolated and homebound; another 67 clients struggled with managing a chronic disease; and 10 were victims of Alzheimer's. Surveys show that our volunteers also have provided much needed respite to 23 families who are caring for loved ones at home.

In the four county region served by Land of Sky, the Senior Companion Program is building community through seniors helping seniors. Our thanks and gratitude go to those volunteers who give selflessly of themselves every week to help the most vulnerable citizens of our communities.

Corporation for NATIONAL & COMMUNITY SERVICE

1201 New York Avenue, NW
Washington, DC 20525
202-606-5000
NationalService.gov

June 2014

Four Decades of Nurturing Friendship and Independence for Older Americans

Dear Senior Companion Project Directors:

On this, the 40th anniversary of the Senior Companion program, I pause to reflect on the historical nature of the program and how it has evolved over the years. Borne out of a mission to provide meaningful volunteer service opportunities for low-income older persons to help others remain independent, the program has become a much needed service in a continuum of care for numerous frail individuals. In the process, the service that Senior Companion volunteers provide has brought peace of mind to caregivers and, as research supports, an improved quality of life for the Companions themselves.

It has been said that the strength of our communities is determined by how we help our most vulnerable citizens. The service that Senior Companion projects provide positively impacts thousands of lives. The friendship and interdependence between the client and the Senior Companion is the bridge that keeps both client and Senior Companion connected to the community, thus making that community stronger.

As our nation's population continues to age, and the need for Companion services rises, our challenge will be to move forward with a continued commitment to provide that friendship and independence for those who are less able to stand alone.

On behalf of Senior Corps of the Corporation for National and Community Service, I thank you for your service to the program, congratulate you on this significant milestone of 40 years of service to communities, and wish you continued success in the years to come.

Best wishes,

Erwin J Tan M.D.

Director, Senior Corps

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 Charlotte Larson of Brevard for referring Deborah Burkart to the RSVP program. Thank you for helping RSVP to meet its goals. There is a $50 Ingles gift card in the mail to you.

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.

SC Senior Corps

Through grants and other resources—including the energy and efforts of more than 330,000 citizens age 55 and over—Senior Corps helps meet the needs and challenges of America's communities. Grants administered through Senior Corps provide funding for RSVP, Senior Companion Program, and Foster Grandparent Program.

VS 9/11 National Day of Service - Thanking Our Military Personnel

On September 11, Land of Sky Regional Council will honor the 9/11 National Day of Service with "Operation North State!" a volunteer service project dedicated to recognizing the commitment our active military personnel make everyday to serve and protect. We are partnering with Operation North State (ONS), a nonprofit volunteer organization that packs boxes filled with comfort items and ships them to North Carolina troops stationed around the world, to support and thank our troops. For the past four years, ONS has sent thousands of boxes to our troops, all filled with donations of toiletry items, magazines, and snack foods.

A simple project with a big impact "Operation North State!" is open to all ages and getting involved is easy. Form a group and have an "Operation North State!" drive. Ask employees, friends, family, and community members to donate the following comfort items:

- Texas Pete
- Toothbrushes/toothpaste
- Deodorant
- Aloe ChapStick
- Any kind of bars of soap (no liquid soap)
- Old Spice Aftershave
- Prepackaged Sugar Free Pudding Packs
- Brylcreem Hair Product
- Antibiotic cream
- Write thank you letters/cards to our troops

Drop off donated items and cards at the Land of Sky Regional Council located at 339 New Leicester Highway in Asheville on Thursday, September 11, between 9 am and noon. Marketing resources are available to assist your group. For more information, contact RSVP Coordinator Patti Cameron, patti@landofsky.org.

A&VS Advance Care Planning Workshop

Get your living will and power of attorney for health care legally documented...for free.

Thursday, October 16, 2014 • Osher Lifelong Learning Institute (OLLI) at Reuter Center, UNC Asheville • 7 - 9 pm

The workshop will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues, and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the Five Wishes format.

Preparation for you to do before the workshop: Talk to your possible "power of attorney for healthcare," the person who would make health care decisions if you are unable. If you have internet access, print the sample "Five Wishes" from the OLLI website, study it, and write down questions you may have for the panel.

This workshop is free and open to the public. For more information, email the workshop coordinator, David Mouw MD, PhD and Mary Campbell BSN, COHN-S at olli.acp@gmail.com or call OLLI at 828.251.6140 or email olli@unca.edu.

OSHER LIFELONG LEARNING INSTITUTE

Osher Lifelong Learning Institute
at UNC Asheville

CALENDAR OF MEETINGS & EVENTS

August

8 **AARP Smart Drivers Course,** To help people age 50 and better retain and improve their driving skills. LOS, 12:30 - 4:30 pm, $15 for AARP members and $20 for non-members, registration is required, contact Janice Payne, janice@landofsky.org.

9 **America's Favorite Pastime,** McCormick Field, see page 7

13 **Henderson County NH/ACH CAC Meeting,** Hendersonville, 2 pm

13 **Community Resource Connections (CRC) Leadership Team Meeting,** LOS, 10:30 - 12 pm

14 **Music and Memory Committee,** LOS, 9 - 10:30 am

14 **Henderson County TRIAD,** Fletcher Town Hall, 2 - 3 pm

15 **Buncombe County ACH CAC Meeting,** LOS, 9 - 10:30 am

18 **Senior Companion Volunteers In-Service,** LOS, 9 am - 1 pm

18 **TRIAD of Buncombe County Meeting,** LOS, 2:30 - 3:30 pm

19 **Foster Grandparent Volunteers In-Service,** LOS, 9 am - 1 pm

20 **Culture Change in Aging Network of Buncombe County (CCAN) Meeting,** LOS, 10:30 am - 12 pm

21 **Caregiver Support Program Advisory Committee Meeting,** LOS, 11:30 am - 1:30 pm

23 **Building Better Balance Screenings,** Bethel Seventh Day Adventist Church, see page 7

23 **Building Better Balance Screenings,** Silvermont Opportunity Center, see page 7

28 **Buncombe County Aging Coordinating Consortium (ACC) General Meeting,** CarePartners, 2 - 3:30 am

September

1 **Labor Day,** Land of Sky Offices **CLOSED**

2 **Buncombe County ACC Planning Meeting,** United Way, 9 - 10:30 am

10 **CRC Leadership Team Meeting,** LOS, 10:30 - 12 pm

10 **Henderson County NH/ACH CAC Meeting,** Hendersonville, 2 pm

11 **9/11 National Day of Service,** LOS, see page 10

11 **Volunteer Services Advisory Council,** LOS, 2 - 4 pm

14 **Henderson County TRIAD,** Location TBD, 2 - 3 pm

15 **Senior Companion Volunteers Summer Picnic,** Lake Julian Park, 11 am

15 **TRIAD of Buncombe County Meeting,** LOS, 2:30 - 3:30 pm

16 **Foster Grandparent Volunteers In-Service,** LOS, 9 am - 1 pm

16,18 **Community Advisory Committee Member Orientation and Training,** LOS, 9 am - 1 pm

17 **CCAN of Buncombe County Meeting,** LOS, 10:30 am - 12 pm

19 **Buncombe County ACH CAC Meeting,** LOS, 9 - 10:30 am

19 **Community Connections - Transportation Options for All Ages,** LOS, see page 3

20-27 **Active Aging Week**

23 **WNC Fall Prevention Meeting,** LOS, 11:30 am - 1 pm

25 **Aging in Place - It's in Your Future Conference,** see page 5

26 **Buncombe County ACC General Meeting,** CarePartners, 2 - 3:30 pm

October

2 **Aging Advisory Council Meeting,** Henderson County, 10 - 11:30 am

7 **Buncombe County ACC Planning Meeting,** United Way, 9 - 10:30 am

8 **CRC Leadership Team Meeting,** LOS, 10:30 - 12 pm

8 **Henderson County NH/ACH CAC Meeting,** Hendersonville, 2 pm

9 **Henderson County TRIAD,** Location TBD, 2 - 3 pm

13 **Transylvania County NH/ACH CAC Meeting,** Location TBD

13 **Senior Companion Volunteers In-Service,** LOS, 9 am - 1 pm

14 **Foster Grandparent Volunteers In-Service,** LOS, 9 am - 1 pm

15 **CCAN of Buncombe County Meeting,** LOS, 10:30 am - 12 pm

16 **Advance Care Planning Workshop,** OLLI, see page 10

16 **Buncombe County NH CAC Meeting,** Location TBA, 4 pm

17 **Buncombe County ACH CAC Meeting,** LOS, 9 - 10:30 am

20 **TRIAD of Buncombe County Meeting,** LOS, 2:30 - 3:30 pm

23 **Buncombe County ACC General Meeting,** CarePartners, 2 - 3:30 pm

Living Healthy with a Chronic Condition

Living Healthy is designed to help participants learn how to take charge of their health. The suggested consumer contribution is $30 for the six-week series. Contact Rebecca Chaplin at 828.251.7438 or visit www.livinghealthywnc.org

Thursdays, August 28 - Sept 26
Grant Center, 285 Livingston Street
Asheville

Living Healthy Leader Training
A FREE 4-day training to become a Living Healthy Leader in Buncombe, Henderson, Madison and Transylvania Counties with a commitment to facilitate at least one class in the next 12-months. $300 for leaders outside of the region.

Thursdays and Fridays
August 7, 8, 14 and 15

LAND OF SKY
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Land of Sky Regional Council's **mission** is to provide creative regional solutions to relevant and emerging issues in Buncombe, Henderson, Madison and Transylvania counties while providing a standard of excellence in the delivery of federal, state and regional services for our member communities.

Please recycle this newsletter!

AGING AND VOLUNTEER SERVICES

Creative Regional Solutions for Buncombe, Henderson, Madison and Transylvania Counties

Vol 3 - Issue 3: August - September 2014

LAND OF SKY REGIONAL COUNCIL

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