

AGING AND VOLUNTEER SERVICES

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



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HPDP It Takes a Community to Cultivate Healthy Aging - It Takes YOU.

Healthy aging doesn't happen in a vacuum. It requires a system that makes the healthy choice the easier choice AND role models to show us the way. Healthy aging requires each of us to step into our healthiest selves ... one foot at a time. Healthy aging takes intention and action.

Fortunately, we have a community that supports aging with optimal health and multiple role models that teach us how to age with grace and vitality. Take a moment now and think of a healthy aging role model in your life. How would might age healthier through their example?

I am consistently amazed a by the power of team work, intention, and action. Western North Carolina is blessed with individuals who are excited about working together to make a difference.

The second annual Madison@Heart Campaign is a perfect example of how we can align personal intention and action with health outcomes. This initiative aims to ensure that Madison County residents know the risk of second hand smoke for people with heart disease. "Heart Disease is the leading cause of death in Madison County, and only thirty minutes of exposure to second-hand smoke can trigger a heart attack in someone with heart disease. The Madison@Heart Campaign is a great way to spread this important message," says Deana Stephens, Healthy Communities Coordinator/Health Educator at the Madison County Health Department. Throughout the month of February, residents engaged in the Madison@Heart Campaign will wear a red heart pin on their sleeve to show their support for smoke-free places to reduce the incidence of heart attack. Contact Deana Stephens at 828-649-3531 for more information.



Deana Stephens, Healthy Communities Coordinator / Health Educator at the Madison County Health Department

Healthy Buncombe reflects another great example of community collaboration to cultivate optimal health. Healthy Buncombe has championed many regional successes through collective impact – focusing on our common threads to strengthen and expand our work. Healthy Buncombe has been focused on making healthy eating and active lifestyles easier in Buncombe County since 1996. Healthy Buncombe has been behind the scenes advocating, education, and supporting one another in making Buncombe County a friendlier place for walking and bicycling. In 2014, plans are to align individual work with a unified message: 5, 2, 1, Almost None which stands for:



**five 2 1
almost none**

- Eat 5 Fruits & Veggies a Day
- Limit Screen Time to 2 Hours or Less a Day
- Get Moving for at Least 1 Hour per Day
- Drink Less Sugary Drinks – Avoid Sugary Drinks: Choose Water Instead

Although this message was designed by the WNC Healthy Kids Initiative, this message is accessible to all ages. We know that healthy kids teach families and grandparents. Even better, healthy kids become healthy older adults. It takes a community to cultivate healthy aging. It takes you. Thanks for helping to make it happen!

Best of health to you in 2014.

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.



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.

SCSEP Jamie Mulvey Moves On

Jaimie Mulvey is a native of Asheville who grew up with a love for animals at least partially nurtured by her father who was a veterinarian. While growing up, Jaimie spent a summer working for a professional show dog handler and continued to show dogs herself for many years. After completing high school in Asheville, she obtained a B.S. in Zoology from North Carolina State with the intent of becoming a veterinarian herself. A counselor at NC State convinced her to apply to regular medical school and she was eventually admitted to Johns Hopkins University. After three years at Johns Hopkins, Jaimie left school in order to get married and start a family. Years later, she went back to AB Tech and attained an Associates Degree in Data Processing, leading to work as a COBOL computer programmer. After being laid off in the 1990's, Jaimie turned her lifelong hobby into work by opening a pet grooming business that was taken over by her daughter in 2002. She continued to work part time until 2005. Unable to find work for several years, Jaimie became a participant in the Senior Community Service Employment Program (SCSEP) in 2009.

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. SCSEP 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.

Upon becoming a participant with SCSEP, Jaimie was placed with US Probation /Pretrial for the Western District of North Carolina. She received consistent praise from her supervisors there and was finally rewarded in November of 2013 with an offer of regular part time employment at substantially higher hourly pay. Jaime is a true success stories for SCSEP and a wonderful example of how an older worker can achieve meaningful employment even in slow economic times.



Jamie Mulvey also volunteered occasionally as administrative support for Land of Sky.

AARP FREE TAX ASSISTANCE Begins February 1

AARP Foundation Tax-Aide, in cooperation with the I.R.S, N.C. Department of Revenue, Buncombe County Library System and Council on Aging of Buncombe County Inc. will again offer free tax preparations for taxpayers with low- and moderate-income with special attention to those age 60 and older. This service will be available from February 1, 2014 through April 15, 2014 at sites listed below. Both Federal and N.C. State tax returns will be electronically filed for safe and accurate preparation and faster refunds.

Pack Library - Mondays and Wednesdays 10 am – 4 pm

West Asheville Library - Tuesdays 9 am - 4 pm

Weaverville Public Library - Thursdays 10 am – 4 pm

Black Mountain Library - Tuesdays 10 am – 4 pm

Visit www.coabc.org/help-center/workshops for a listing of which documents you need to bring.

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.

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 connect 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.

FCSP

Respite Provides Relief When You Avoid the Pitfalls

Webster's Dictionary defines respite as a short period of time when you are able to stop doing something that is difficult or unpleasant or when something difficult or unpleasant stops or is delayed. Respite provides a period of temporary relief for the caregiver.

According to the National Respite Network and Resource Center of the ARCH website, "Respite is often the most frequently requested and needed family support service. Respite is first and foremost a preventive strategy that strengthens families, protects family health and well being, and allows individuals to remain in their own home. Respite has been shown to prevent or delay more costly out-of-home placements, reduce the risk of abuse or neglect, and to help keep all family members safe and stable." Research has shown that in order for caregivers to reap the benefits of respite they must avoid these common pitfalls:

1. Seeking respite too late. Respite should help prevent the Caregiver from reaching his/her wits end! Recognize that and take that break sooner than later. You must also consider the care receiver's situation. If you have the choice, opt for respite early enough that their failing health is not a reason for you to "power through" and avoid getting help.
2. The family caregiver is not in the correct emotional mindset to actually use it. Many counselors see an exhausted Family Caregiver and just want to see them slow down and take a break. However, as a Family Caregiver, you must be willing to let go of the wheel and let someone else drive for a bit for the recommendation of getting respite to be helpful. Having someone come over to help while you stay in the house and watch over his or her shoulder is NOT RESPITE. If you don't feel you cannot leave or take your loved one elsewhere even for a short period of time, work through that issue first. Once you figure that out, then you can truly benefit from that much needed break.
3. Respite is not used in an ongoing manner; the "quick fix" approach just doesn't work. When you finally take the leap and get some help, remember that one day of respite is not going to create a permanent change. It's like going to the gym for one day and never going back; the results are disappointing. Figure out the best type of respite for you, your loved one and your collective situation and then plan it regularly.
4. There is no plan for using this "free time." Some Family Caregivers are just not used to having free time, so when they get it; they just don't know how to use it. Plan in advance. If you are not fulfilled in your "time away," you will be less likely to take that much needed break again and chances are that you will need it.

A caregiver's job is never done. What would you do if you had a few hours all to yourself? Read a book, have a massage or pedicure, go to lunch with a friend, clean out a closet, go shopping, take a hike, go to the movies, or other activity of your choice.

Sound good? That's what respite is - time for you to do whatever it is that recharges your battery. If your battery runs out, you can't be a good caregiver. Even your phone gets recharged regularly. Shouldn't you? You can find respite from several sources: home care agencies, adult day programs, friends/family, and church groups. The first step is asking.

The Family Caregiver Support Program provides limited funding that caregivers may use to purchase respite services. Respite care comes in many forms and can often fit an individual need. It can last from a few hours to a few days, depending on the caregiver's needs. For more information, contact Carol McLimans.

To download the ABC's of Respite Handbook from ARCH at archrespite.org.

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.

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.

AAA

Cathie St. John Ritzen: A Rebel with a Cause and a Message for All of Us

On November 7, 2013, our community lost a remarkable advocate for elders and a friend to all of us who were fortunate enough to know her. Born December 29, 1944, in Oklahoma City, Oklahoma, Cathie St. John Ritzen lived in Missouri until 1999 when she and her husband, Jim, moved to Asheville. A graduate of the University of Missouri-Columbia School of Law, she opened her elder law practice in Asheville in 2001.

Prior to entering the legal profession, Cathie was a registered nurse providing bedside care and holding several administrative positions in the profession. She was a 1966 graduate of Barnes Hospital School of Nursing (Washington University in St. Louis). She also taught in the English department at the University of Missouri-Columbia, where she received her bachelor's degree in 1986, graduating Phi Beta Kappa.

In addition to her private law practice, Cathie served as Buncombe County Public Administrator from 2001 until her death. She served on the executive committee of the Buncombe County 28th Judicial District Bar from 2007-2010, chaired the education committee of the North Carolina Association of Women Attorneys in 2007, and served on the board of the state chapter of the National Academy of Elder Law Attorneys. She volunteered on Pisgah Legal Service's hotline and its Mountain Area Volunteer Lawyers elder law team.

Cathie's community involvement included the executive committee of the Buncombe County Council on Aging, the executive committee of the Vanderbilt Apartments, the Buncombe County Women's Commission, and the League of Women Voters of Asheville-Buncombe County. For several years she taught law-related courses in the College for Seniors program of the Osher Lifelong Learning Center at UNC Asheville and was a frequent contributor to programs at Land of Sky Regional Council, including the Culture Change in Aging Network of Buncombe County.

Cathie was a rebel with a cause – forceful, driven and somewhat unconventional. When she saw injustice, she stood up and worked to make things right. But this "tough cookie had a very soft center," states sister, Sidney Guida. "Cathie felt very close to St. Francis' teachings and of course St. John was the Apostle of Love. Her operative was love."

Thanks Cathie for your friendship and indomitable spirit. We will do our best to carry your vision forward for elders, for community, and for ourselves as individuals.



The late Len Erker, who touched the lives of countless individuals and families in so many positive ways, and who helped create and championed Project C.A.R.E., is the posthumous recipient of the 2013 George L. Maddox Award of the N.C. Division of Aging and Adult Services. Pictured above: Dennis Streets, Division of Aging and Adult Services Director, presented the award to Len's wife and children.

SAVE THE DATE!

Begin the Conversation: Spiritual Perspectives on Advance Care Planning

May 5, 2014 from 6 - 8 pm
First Baptist Church of Asheville

Begin the Conversation encourages people of all ages to think about advance-care planning. By talking about your decisions with your loved ones, spiritual leaders, and doctors – and putting those wishes in writing – you can have a plan ready if needed. That plan can make it easier to ensure your wishes are honored when you cannot speak for yourself. This non-denominational program is for all members of the faith community and highlights resources for spiritual leaders. For further information, contact the WNC Advance Care Planning Community Initiative Coordinator, Jennifer Stuart, at 828.257.4449 or jennifer.stuart@mahec.net.

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!

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.

Many Years of Service for Project C.A.R.E.

On December 31, 2013, Wilhelmenia Pledger, a powerful supporter of and advocate for family caregivers, retired from her job as Family Consultant with Project C.A.R.E. (Caregiver Alternatives to Running on Empty), a program of NC DAAS and administered by Land of Sky Regional Council (LOS). For the past twelve years and since the early days of Project C.A.R.E., Wilhelmenia enthusiastically and with great compassion served the program's target group: family caregivers of people diagnosed with Alzheimer's disease, vascular dementia, dementia with Lewy bodies (DLB) and/or other kinds of dementia. From her base in Winston-Salem, she provided the services of Project C.A.R.E. in the four-county region of Forsyth, Stokes, Surry, and Yadkin Counties to over 300 caregivers.

As for her future, she is taking a rest, first of all, and waiting to see what inspires her. She is expecting a more active involvement in local and national politics, and in her spiritual growth, which has been the tradition in her family.



Mark Hensley, Alzheimer's Support Specialist and State Project C.A.R.E. Director at the Division of Aging and Adult Services, presented Wilhelmenia with a service award.

LGBT Elder Advocates of Western North Carolina

Improving the lives of LGBT older adults in Western North Carolina by (1) connecting people to resources and (2) promoting cultural change by raising awareness and providing education.



lgbt elder advocates
of wnc

Love Fest Poetry Slam - Sunday, February 16, at 2 pm, Cost: \$5

Fellowship Hall of the First United Congregational Church of Christ, 20 Oak Street, Asheville
Celebrate stories of love with an open mic poetry contest. Elders are encouraged to present their poetry and compete for a prize. Winner will be determined by audience vote.

Friends of LGBT Elder Advocates Meeting - Monday, March 3, 3:30-5 pm, Cost: Free

Land of Sky Regional Council, 339 New Leicester Hwy, Asheville
Presentation: Focus on Finances – Financial and Legal Considerations for the LGBT Community

Jewish Family Services Has Moved

Jewish Family Services of WNC (JFS) has moved out of the Jewish Community Center building to a new location at 417 Biltmore Avenue (Doctor Park, Suite E). This is an exciting and momentous time for JFS. With our recent move, all of programs are now onsite with the new offices. This includes the JFS Elder Club (formerly the Elder Day Club), established in 1999, providing socialization, exercise, activities, lunch from our onsite kosher kitchen, and respite to caregivers. Enrollment is currently open for Tuesdays and Thursdays, and with plans to expand to Wednesdays this year. Other programs include: case management, client emergency assistance, employment and career coaching, an expanded food pantry, guided access to community resources, and educational programs. With the new space, Jewish Family Services is in the process of developing a Mental Health Counseling program. JFS programs are open to individuals and families of all faiths, and at all ages and stages of life.

Volunteers are always needed for at Elder Club and other services. For information, contact Alison Gilreath, Executive Director, at (828) 253-2900 ext. 11 or alison@jfswn.org; Jennifer Gay, Social Worker & Elder Club Coordinator at (828)253-2900 ext. 12 or Jennifer@jfswn.org.

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.

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.

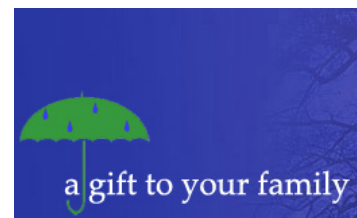
New Online End-of-Life Planning Tool Now Available to NC Citizens and Health Care Providers

A new tool is now available for North Carolina citizens and health care providers that will help everyone understand end-of-life health care planning options and processes available under North Carolina law. The new website can be found at www.agifttoyourfamily.org.

It includes two public service announcements (a longer and shorter version) designed to encourage everyone to think about end-of-life planning and creating advance directives such as living wills and health care powers of attorney. The site also includes copies of North Carolina's living will and advance directives statutory forms, a question and answer section, and numerous other reference materials. The "stars" of the website, however, are two e-learning courses that walk viewers step-by-step through completing a living will or health care power of attorney, complete with graphic assistance so the viewer can follow along easily.

Although the site was designed primarily for laypersons, it's also a great tool for health care providers to use in training staff and volunteers on end-of-life issues, and in providing helpful information to residents, families, family councils, and other groups related to the facility. It's also a great tool for community training programs sponsored by health care providers of all types. Remember that under the federal Patient Self-Determination Act, all covered health care providers are expected to host periodic training for their communities about advance directives options available under state law. This website is a great way to carry out that obligation by incorporating it and the e-learning courses into community educational programs and events.

Finally, the N.C. Healthcare Facilities Association's FutureCare Foundation is currently exploring a series of local community programs that will feature the website and other information on N.C. advance directives options and allow attendees to meet with local attorneys, medical professionals, and clergy to discuss their individual end-of-life choices and actually create or revise advance directives as part of the program. This is still in the planning stages, so stand by for more information.



--From *Shorts on Long Term Care*, by Kenneth L. Burgess, Attorney with Poyner Spruill

WNC Fall Prevention Coalition

WNC Fall Prevention Coalition: Committed to reducing the number of falls and fall-related injuries in Western North Carolina with a vision to lead the nation in reducing the number of falls and fall-related injuries through focused, coordinated effort. Coalition Member Upcoming Events:

Moving For Better Balance, YMCA of WNC

Classes at various locations in Buncombe and Henderson Counties. 12-week program uses tai chi and principles movements to increase balance and confidence. Scholarships available. For more information, contact Diane Saccone at 828.505.399 or dsaccone@ymcawnc.org.

Balance Bridge Program, Asheville Family Fitness Physical Therapy and Spine Center, 149 New Leicester Hwy, Asheville Starting February 1 - Weekly small group classes bridging rehab to independence. More information at www.ashevillefitsspine.com or 828.225.3838.

Instructor Training: Seated Tai Chi and Tai Chi for Fall Prevention, WNC Tai Chi for Arthritis

April 7-10, First Baptist Church of Asheville. Registration or details at wnctaichiarthritis.com or 828.253.8649.

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.

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

Music and Memory: Awakening the Mind Through the Heart

Memory impairment, as a result of Alzheimer's or other dementing illnesses, has the potential for cutting off communication with an individual's surroundings and loved ones. Carefully chosen music awakens the injured brain to a broader spectrum of experience. A new program called Alive Inside is making its way across the country with iPods and individualized music choices. Staff is forming a group to explore how we might connect more people in long-term care facilities with music programmed according to individual tastes using enthusiasm for music, iPods (donations needed) and iPod-abled people as our tools. If you would like to be on the ground floor of this project, contact Ruth Price. For a snapshot of the impact this can have, go to musicandmemory.org or search "YouTube music memory Henry."

**FOR PROFESSIONALS****Fifth Annual Elder Financial Exploitation Summit**

Friday, March 21, 9:30 am - 12:30 pm
AB Tech - Ferguson Auditorium

For bankers, financial advisors, retail managers with wire capability and long term care providers: You are the first line of defense. Learn how to recognize and get the information and tools to help protect seniors. Free. To register email brendad@landofsky.org.

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

FOR SENIORS**Frauds Gone Wild!**

Friday, March 21, 1:30 - 3:30 pm
AB Tech - Ferguson Auditorium

What you don't know will hurt you. Come learn about who's after your money and specific advice to safely secure your information. A panel discussion from local experts. Free and open to the public. To register email janice@landofsky.org.

Presented by Buncombe County TRIAD

CAC

Lights Out!

Lights Out! No it isn't Pisgah Manor's energy conservation program but rather our initiative to answer call lights in a timely manner. Our resident's welfare is the concern of each staff member and this includes each member answering call lights. Excellent customer service is a focus at Pisgah Manor. In an effort to improve our customer service we have reduced the time the residents are waiting to have their call lights answered. This is not a program developed by management only. Input and data was gathered from the front line staff. Their buy-in is essential to the success of the program.

To start the process, we interviewed our certified nursing assistants (CNAs) and they reported that 50 percent of the call lights required clinical attention. The other 50 percent could be helped by any staff member. For example, a resident might need a drink of water, their TV remote, or simply an answer to a question. This could easily be handled by any available staff member. With our ancillary staff and managers answering the call lights that don't require clinical assistance, the nurses and CNAs could respond to the other call lights in half the time. We have trained all our staff that it is every employee's responsibility to answer a call light.

To help keep this initiative fresh in our minds, we have "Lights Out!" pins that we wear daily. In addition, all employees have "Lights Out!" t-shirts that are worn on payday. This keeps the program at the forefront of our minds and allows us to hold each other accountable. The residents and family members have noticed a positive change in the response to call lights and have expressed appreciation for the program.

As Community Advisory Committee members visit facilities, they look for best practices to share. The above article is information about one of the recent programs that they learned about.

Article by Michelle Grandy, Administrator at Pisgah Manor Health Care Center

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 Celebrate Service - 2014 National Volunteer Week

The Volunteer Services Department of Land of Sky Regional Council is grateful to the hundreds of volunteers who serve in our region through the Foster Grandparent Program, the Retired and Senior Volunteer Program, and the Senior Companion Program. We are excited to honor them during this year's National Volunteer Week (NVW), April 6-12, 2014.



The Corporation for National and Community Service recently published its annual research report titled Volunteering and Civic Life in America, and the findings show that volunteerism is a strong part of the fabric of our communities. In 2012, 64.5 million Americans (26%) volunteered through a community agency, donating 7.9 billion hours. The value of those hours is estimated at \$175 billion.

And volunteerism is alive and well here in Western North Carolina as well. Through our three volunteer programs, volunteers served over 215,500 hours in our community's schools, child care centers, senior centers, and numerous other non-profit organizations. The Volunteer Services Department also honors our volunteers by presenting the Kathleen Godwin Cole Award to a deserving volunteer who has made an impact on senior adults in our community. This award is given annually to one volunteer, aged 55 or better, who has made a major contribution to our region. Nominees need to be from or serve a Region B County – Buncombe, Henderson, Madison or Transylvania. We are appreciative of the efforts of all of our volunteers who help make a positive impact through their service to our communities. Visit landofsky.org/volunteer for the nomination form and more information.

Established in 1974, National Volunteer Week is dedicated to encouraging people to seek out ways to engage in their communities through volunteer service, as this year marks the 40th anniversary of the event. NVW is a program of the Points of Light Foundation and highlights the volunteer efforts of thousands of people, events and community projects throughout the nation

RSVP Disaster Action Team Volunteers Needed Throughout the Region



Ask the average person about the American Red Cross and chances are they will mention disasters like hurricanes and floods. However, the majority of the disasters are single-family house fires which affect families locally.

At such a disaster, volunteers work side-by-side with firefighters and other emergency personnel to ensure victims are given immediate relief. Immediate relief means getting them what they need most without waiting a day or more – food, lodging, clothing, medication replacement, and mental health counseling. In the days following a disaster, the Red Cross continues to work with families while they find ways to rebuild their lives.

The Red Cross is currently recruiting new members to join the Disaster Action Team (DAT) and will be holding a New Disaster Orientation (NDO) at the Asheville offices of the Red Cross on January 22 from 6 - 8 pm and also Feb 19 and March 15 from 6-8pm. The NDO is an introduction to the Disaster Services Cycle and the volunteer opportunities within each part of the cycle. This includes an overview of the services Red Cross provides, regional structure, volunteer expectations, volunteer opportunities, and our online resources. This is intended to give you an idea of what's available and how to get involved. Contact Patti Cameron for more information.

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.

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.

FGP

FGP Welcomes Vance Elementary School

We are happy to welcome Vance Elementary to our Foster Grandparent Program. Vance Elementary is part of the Asheville City School system which magnet theme focuses on Human Diversity and Ecology. Vance Elementary School of Human Diversity and Ecology focuses on the study of people and cultures around the world and their relationship with the natural environment.

Vance is also a NASA Explorer School integrating NASA resources into our magnet them including design challenges, NASA educator visits, and video conference events. NASA objectives in science, technology, engineering, mathematics, and geography are imbedded in our language and literacy program to strengthen student independence as life long learners. Students at Vance explore all subject areas through hands on activities such as gardening, field trips, Reader's Theater, art and music. They discover the importance of civic responsibility and a sense of individual power to make a difference in the community and the world. Students express their understanding through projects, performances, family centered celebrations, and more.

Vance is located in West Asheville which is a great option for volunteers that use public transportation.

SCP

Senior Companions Provide Transportation

Transportation has long been recognized as one of the greatest needs for seniors, and recent program changes are allowing the Senior Companion Program (SCP) to offer more transportation than ever before. SCP is now taking that service to the next level by partnering with the Call-A-Ride (CAR) Program of the Council on Aging (COA) of Buncombe County.

Heather Roberts-VanSickle recently joined COA of Buncombe County as the CAR Coordinator and said she is excited about growing the relationship between CAR and SCP.

"Transportation for older adults is inextricably linked to quality of life," she said. "The volunteers who provide transportation make a direct and far-reaching impact on the lives of service recipients." Roberts-VanSickle also hopes this new partnership will allow the Council on Aging to reach more clients and provide more of this needed service.

"Currently the need outweighs the resources and new volunteers are needed to help tackle the issue of transportation for our elderly community. By working together, CAR and Senior Companions are able to expand the transportation opportunities available to older adults in Buncombe County," she said.

Senior Companion Program Manager Vicki Jennings agrees, saying new program requirements are going to allow Senior Companions more options for caring for seniors in their homes. "Many of our companions are already providing transportation, but this will give us more opportunities to make sure homebound seniors can get the service they need," Jennings said.

Roberts-VanSickle is in need of volunteer drivers for the CAR program throughout the community. The program pays mileage and volunteers enjoy a flexible schedule. If you are interested in helping with transportation for seniors, contact Roberts-VanSickle at heatherRV@coabc.org.



Heather Roberts-VanSickle,
CAR Coordinator

Heartfelt
THANKS
TO OUR VOLUNTEERS!

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.

RSVP**Operation Toasty Toes - Partnering With Our Parks**

Have you ever visited the gift shop at Chimney Rock or Pisgah Inn and admired all the wonderful fine handmade crafts of the Southern Appalachians? Operation Toasty Toes is now selling their handmade hats, scarfs, and mittens at both locations. Toasty Toes volunteers make one item for the troops and one item for craft sales to help raise funds for the program. This is a new fundraising effort that helps showcase the program and reach a wider audience year round. Managers at both locations are thrilled to be able to offer the Toasty Toes items to park visitors especially on cold days when people are scrambling for something to keep them warm.

**VS****Successful MLK National Day of Service**

On January 20, Land of Sky Regional Council's Senior Corps Programs, Hands On Asheville-Buncombe, and AmeriCorps came together to celebrate Dr. King's work by creating an opportunity for community residents to give back to their community.

Over 320 volunteers gathered at Land of Sky Regional Council to work on eight "Hands On" service projects that benefit local non-profits and schools in the region. Volunteers created 145 bookmarks for the Pages Opening People Project. More than 100 Hero Crafts were completed thanking local fire and police departments. Schools benefited from the completion of 200 "Teachers Pet" math game packets and 127 "Little Learners" flash cards. Valentines cards were made for 188 Meals on Wheels recipients. Cards were made for 9/11 Military Care Package Drive. The Asheville Humane Society will be able to give 153 lucky dogs chew toys. Over 45 blankets were made for Project Linus. Thank you to all who participated.

**RSVP****Volunteer Center Needs Your Help!**

Many RSVP volunteers say they would love to connect people to volunteer needs in the community. Now they will have the opportunity. RSVP is launching a new initiative with the United Way of Asheville-Buncombe to build the capacity of their volunteer center, Hands On. We are looking for RSVP volunteers who are computer literate and comfortable working with the public to provide one-on-one volunteer placement assistance to community member that call or walk into the Hands On office. Volunteers will have regular office hours at the Hands On office and be provided with training and supervision. Contact Patti Cameron for more information.

Hands On
Be The Change. Volunteer. | **ASHEVILLE-BUNCOMBE**
www.HandsOnAsheville.org

CALENDAR OF MEETINGS & EVENTS

February

- 12 **Music & Memory Committee Meeting**, LOS, 9 - 10:30 am
- 12 **Henderson County NH/ACH CAC Meeting**, Hendersonville, 2 pm
- 13 **Caregiver Support Program Advisory Committee Meeting**, LOS, 11:30 am - 1:30 pm
- 16 **Love Poetry Slam**, see page 5
- 17 **TRIAD of Buncombe County Meeting**, LOS, 2:30 - 3:30 pm
- 17 **Senior Companion Volunteers In-Service**, LOS, 9 am - 1 pm
- 18 **Foster Grandparent Volunteers In-Service**, LOS, 9 am - 1 pm
- 18 **DAAS Teleconference on Adult Care Home Closings**, LOS, 11 am - 12 pm
- 21 **Buncombe County ACH CAC Meeting**, LOS, 9 - 10:30 am
- 25 **Fall Prevention Meeting**, LOS, 11:30 am - 1 pm
- 25-26 **Community Advisory Committee Member Training**, LOS, 9 am - 1 pm
- 27 **RSVP Capacity Building Team - Information Session**, LOS, 2 - 3 pm

March

- 3 **LGBT Elder Advocates Networking and Presentation**, LOS, 3:30 - 5 pm
- 6 **"CHF & COPD" CEU Class**, LOS, 8:30 am - 1:30 pm. For more information contact Barbara Hinshaw at 251.6622.
- 7 **4ALL Statewide Service Day**, NC lawyers will provide legal information and referral resources to callers with NC related matters. 7 am - 7 pm. Visit 4allnc.ncbar.org for call-in numbers.
- 12 **Henderson County NH/ACH CAC Meeting**, Hendersonville, 2 pm
- 13 **Volunteer Service Advisory Council**, LOS, 2 - 4 pm
- 17 **TRIAD of Buncombe County Meeting**, LOS, 2:30 - 3:30 pm
- 17 **Senior Companion Volunteers In-Service**, LOS, 9 am - 1 pm
- 18 **Foster Grandparent Volunteers In-Service**, LOS, 9 am - 1 pm
- 21 **Buncombe County ACH CAC Meeting**, LOS, 9 - 10:30 am
- 21 **Frauds Gone Wild**, see page 7
- 21 **Fifth Annual Elder Financial Exploitation Summit**, see page 7
- 29 **Building Better Balance Screenings**, Bethel Seventh Day Adventist Church, 2 - 4 pm. Contact Rebecca Chaplin at 251.7438 for more information.

April

- 2 **Henderson County TRIAD**, Location TBA, 10 am. Call LeeAnne Tucker at 251.6622 for more information.
- 4 **"Advanced Care Planning and Hospice" CEU Class**, LOS, 8:30 am - 1:30 pm. For more information contact Barbara Hinshaw at 251.6622.
- 6-12 **National Volunteer Week**, see page 8
- 9 **Henderson County NH/ACH CAC Meeting**, Hendersonville, 2 pm
- 10 **Aging Advisory Council Meeting**, Location TBA, 9:30 - 11 am
- 14 **Senior Companion Volunteers In-Service**, LOS, 9 am - 1 pm
- 15 **Foster Grandparent Volunteers In-Service**, LOS, 9 am - 1 pm
- 17 **Buncombe County NH CAC Meeting**, Location TBA, 4 pm
- 21 **TRIAD of Buncombe County Meeting**, LOS, 2:30 - 3:30 pm
- 25 **Buncombe County ACH CAC Meeting**, LOS, 9 - 10:30 am

May

- 5 **Begin the Conversation: Spiritual Perspectives on Advanced Care Planning**, see page
- 7 **"Disaster Planning and New State Regulations" CEU Class**, LOS, 8:30 am - 1:30 pm. For more information contact Barbara Hinshaw at 251.6622.
- 13 **Successful Aging Conference**, Sherrill Center / Kimmel Arena UNCA, 8 am - 3:30 pm.

Special Calendar Notes

- **NH/ACH** - Nursing Home & Adult Care Home
- **DAAS** - Division of Aging and Adult Services
- **TRIAD** - A national partnership among law enforcement, older adults, and those providing services to seniors. The focus is to reduce the criminal victimization of older citizens.
- **CAC** - Community Advisory Committee members, volunteers that advocate for residents in long-term care facilities.
- **CDSMP** - Chronic Disease Self Management Program

Living Healthy with a Chronic Condition or Diabetes

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 251.7438.

Diabetes

Mondays, March 3 - April 7
Woodfin YMCA
5 - 7:30 pm

Chronic Condition

Mondays, March 3 - April 7
Hendersonville
5 - 7:30 pm

Mondays, March 10 - April 14
Jewish Family Services
10 am - 12:30 pm

Fridays, March 28 - May 2
Osher Lifelong Learning Center
Requires a membership to OLLI
9 - 11:30 am

Fridays, March 28 - May 2
Silvermont Opportunity Center
9 - 11:30 am
Registration: Alice at 884.3166

Wednesdays, May 28 - July 2
CarePartners
1 - 3:30 pm

Tomando Control de Su Salud Leader Training (CDSMP for Spanish Speakers)

February 27 - 28 & March 6 - 7
Fee: a commitment to offer at least one Tomando class in the next 12 months. Registration: Katie Roberts at 828.771.5444 or Elena Ruiz at 828.242.0535



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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 1: February - April 2014



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Tara George - RSVP Assistant
Terry Collins - Regional Ombudsman
Vicki Jennings - Senior Companion Program Manager

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

