

AGING AND VOLUNTEER SERVICES

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



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OAM Older Americans Month 2014

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, listed below are a variety of ways older adults can avoid the leading causes of injury, like falls.



Talk to your Healthcare Provider

- Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination.
- Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community.

Manage Medications

- Be aware of how your medications interact with other prescriptions and over-the-counter drugs, certain foods, alcohol, and other medical conditions.
- Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle.
- Create a medication schedule or use a scheduler box to make sure you take no less or more than prescribed.
- Ask your pharmacist for help. Large-print labels, medication-tracking devices, and easy-open containers may be available.

Prevent Falls

- Install handrails and grab bars wherever they are helpful, especially around stairs and in bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one or more nightlights between your bedroom and bathroom.

- Choose shoes with non-slip soles that provide support without bulk that could cause you to trip.
- Use a walking aid, if needed to improve balance and stability.

Prevent Fires and Burns

- Set your water heater to 120 degrees. You can also install anti-scald devices on sinks, tubs, and showers.
- Test smoke detectors regularly. Be sure you have a smoke alarm in or very near your cooking area. Alarms should also be installed in all bedrooms.
- When cooking, wear snug-fitting or short-sleeve clothing and high-quality oven mitts that cover the lower part of your arms.
- Do not smoke in your home, especially if oxygen therapy is used.

Drive Wisely

- Plan your route before you drive and use the safest routes that are well-lit, familiar, and offer easy parking. Daytime driving in good weather conditions is best.
- Wear your seat belt, even during short trips.
- Eliminate distractions inside the vehicle and stay focused on the road.
- Know when it might be time to limit or stop driving, and learn how to get around town without driving.

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.

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.

A&VS Multiple Changes for the Aging and Volunteer Services

As we prepare for the next fiscal year, we are also having to brace ourselves for some sad staff departures. Rebecca Chaplin will be leaving LOS in May, Heidi Kimsey will be leaving at the end of June, while Barbara Hinshaw will retire in July. It is never easy to say goodbye but we wish these three tremendous ladies the best in their new adventures!!

Barbara Hinshaw

Barbara Hinshaw has committed over 25 years serving the state and local government of North Carolina with the Division of Aging and Division of Medical Service, the Alzheimer's Association, and other organizations. She has worked as a Long-Term Regional Ombudsman for nine of those years at Land of Sky Regional Council. Barbara has been committed to serve with a tenacious passion for even the most difficult issues. She has been involved with numerous committees and most recently, remained a very strong advocate for a population facing great change.

Barbara and her husband, Jeff, have three children. Ryan and his wife Hadley, live just north of Chicago. Anna, and husband Tyson, live in Raleigh. Anna graduates from NC State Veterinarian School on May 9. Sarah will be a senior at UNC Chapel Hill next year. Ryan and Hadley have two young children, Liam and Owen, who are Barbara's first grandchildren. She does not contain her grin when she talks about having more time to visit her grandsons.



Rebecca Chaplin

Have you seen her? The girl with the wonderfully crazy hair? Always ready with just the right words and such a gracious smile? This month, along with May being slated as "Older Americans Month," we will bid a fond farewell to our very own Healthy Aging Warrior, Rebecca Chaplin, L.S., M.A. Rebecca brought a strong loving spirit of confidence and resilience to our lives. She taught us each how to listen (whether we wanted to or not), and learn from one another. She leads by example and will forever be in our hearts. Here's to the fear and the excitement of the unknown; to the things you have to do; the choices you have to make; no matter how hard they are; and to discover where your life will take you. Be well my friend!



Heidi Kimsey

Heidi Kimsey, NC REACH Interventionist Specialist for Project C.A.R.E., will complete her work with the program on June 30, 2014. NC REACH (Resources for Enhancing Alzheimer's Caregiver Health) is a personalized program offered by North Carolina's Division of Aging and Adult Services that supports caregivers of persons living at home with dementia or Alzheimer's. Prior to taking on her latest role, she served as a Family Consultant with Project C.A.R.E. (Caregiver Alternatives to Running on Empty) at Land of Sky Regional Council, Park Ridge Health, and Western Carolina Alzheimer's Association. Before that, she was the Program Associate & Resource Specialist at Western Carolina Alzheimer's Association.

Heidi graduated from Warren Wilson College and later earned graduate certificates in Gerontology from Western Carolina University and Teaching English as a Second Language from English for Life Academy, College of Charleston. She is married to Larry White and is the mother of three young adult children, Quinn, Asa, and Stella Kimsey-White. We appreciate the work she has done for caregivers in Western North Carolina and we wish Heidi all the best in her new endeavors!



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.

CCAN

The Culture Change in Aging Network of Buncombe County (CCAN) Monthly Blog



In 2014, the Culture Change in Aging Network of Buncombe County (CCAN) has been forging ahead in the quest for alternatives in community living for older adults. Our network continues to remain vigilant about educating the community about fundamental changes in values and practices to create a culture of aging that is life-affirming, satisfying, humane and meaningful. The unveiling of our website www.ccan-bc.org last year has allowed a wider audience to access topical information and resources, and our Exploring Community and Interdependence workshop series in the second half of 2013 drew many local policy makers, and private citizens interested in learning about alternative living options and intentional communities. A survey sent out to workshop attendees has just wrapped up and the findings are available on the CCAN website.

In order to continue to stay current with our network in 2014, we have begun a monthly blog through Land of Sky Regional Council, and are excited about this opportunity to share thoughts and articles relating to local stories about successful aging, options for living in community, and national concepts and components of culture change. Our initial posting in February celebrated the life of Cathie St. John Ritzen, a network colleague and friend to the community at large. Feel free to log on to the CCAN website to stay current with the network and topics relating to age-friendly communities.

A&VS

Governor’s Advisory Council Policy Listening Session

The North Carolina Division of Aging and Adult Services, Governor’s Advisory Council on Aging, and North Carolina Association of Area Agencies on Aging are co-hosting a series of listening sessions being held in conjunction with Older Americans Month. This listening session will help identify the needs of North Carolina’s older citizens and their caregivers as well as identify ways to further engage the resources of our older population. The information gathered will inform North Carolina’s 2015-2019 Aging Plan. We encourage everyone from our region to take advantage of this opportunity to be heard by those in policy making positions and inform them of the needs of our seniors, their caregivers, and individuals with disabilities. Preregister to assure time to speak to the Council, but please attend regardless of your plans to speak to show your support for our region!

May 15, 2014 • 10 am - 12 pm

The Folk Art Center, Milepost 382 Blue Ridge Parkway, Asheville, NC

Attendees may register to speak upon arrival at the meetings or in advance online by completing the Listening Session Sign-Up Form. Speakers will be limited to three minutes and are encouraged to provide a written copy of their comments. The scheduled meeting location is accessible to people with disabilities. If you plan to attend and need assistance, complete the Listening Session Sign-Up Form.

People who are unable to attend the meeting may send written comments by May 30, 2014 to Heather Burkhardt, 2101 Mail Service Center, Raleigh, NC 27699-2101. Comments may also be e-mailed to agingplan@dhhs.nc.gov or faxed to Aging Plan at (919)733-0443. If you have questions, please call Heather at (919) 855-3436. The current state plan is available at www.ncdhhs.gov/aging/plan.htm. www.ncdhhs.gov/aging/stplan/AgingPlan-ListenSession.htm

North Carolina is Aging!

- In 2025,** 1 in 4 North Carolinians will be 60 and older.
- By 2025,** 89 counties are projected to have more people 60 and over than 0-17.
- NC ranks 9th** in population 60 and over.

Of people 60 and over (2012):

- 22% are veterans
- 27% are in the labor force
- 22% have less than a high school education
- 10% live below 100% poverty level
- 34% have a disability
- 82% own their homes

NC ranks 6th in grandparents responsible for grandchildren under 18. An estimated 101,875 grandparents are responsible for grandchildren.

- An estimated 16,000 people age 60 and over are waiting for Home and Community Based Services.
- About 2 out of 3 of them are waiting in in-home aide or Home-delivered meals.
- 48% have two or more chronic diseases.
- In 2010, more than 170,000 people 65 and over had Alzheimer's disease or other types of dementia. By 2025, this number is projected to increase to 210,000.

For more information go to www.ncdhhs.gov/aging/demo.htm

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.

Have you ever wanted to get somewhere that was not immediately accessible? On a personal level, this may look like losing weight or making new friends. On a community level, this may look like a desire for more bike lanes or access to healthier foods for people in nursing homes. Building bridges is one way to move over and beyond a perceived barrier. It requires focused and coordinated effort. We build bridges every day at the AAA.

Health is important to all of us. We know that good health is dependent on many variables. Two examples of this are (1) creating a welcoming environment and (2) having reliable transportation. One way we build bridges at the Area Agency on Aging is to work collaboratively to support older adults in accessing services.

Older lesbian, gay, bisexual, and transgendered (LGBT) people experience poorer health outcomes and access fewer services than their heterosexual peers. At the Area Agency on Aging, we are committed to serving all older adults and we know that we must work collectively to build a bridge between this segment of our community and available services. The "LGBT Family Caregiver Forum" held on April 16 was a collaboration between the Alzheimer's Association, LGBT Elder Advocates of WNC, Family Caregiver and Ombudsman Programs at Land of Sky Regional Council exemplifies this type of collaboration. Attended by approximately 30 people, this event made existing services more accessible to our entire community. Visit www.lgbtelderadvocatesofwnc.org to learn more.

Good health also requires transportation to services. The Area Agency on Aging is currently collaborating to organize the "Active Transportation for All Ages" Summit on September 19, 2014. This event reflects collaboration with the transportation department at Land of Sky and represents another avenue for building bridges between the sectors of aging and transportation.

Bridges to Personal Health

Many of us want to improve our health. Where to start? Goals are often too big to take on all at once. The Living Healthy with a Chronic Condition is an evidence-based program designed to help you set smaller goals that will get you started on a pathway to a healthier life. Find out more about upcoming classes at www.livinghealthywnc.org.

Bridges to Personal Development

It has been my pleasure to serve the older adults of our region since 2006. I have decided that it is now time to build a bridge into my professional development. I will be leaving Land of Sky on May 9 and plan to continue to serve in the field of health and aging in WNC. I hope to continue to see and work with many of you in years to come. Thank you for being my teachers, friends, and allies.

Blessings for a healthier tomorrow for all of us! --Rebecca Chaplin,
Aging Program Specialist – Health Promotion



LGBT Family Caregiver Forum held at Land of Sky Regional Council was a collaboration between the Alzheimer's Association, LGBT Elder Advocates of WNC, Family Caregiver and Ombudsman Programs at Land of Sky Regional Council



The Chronic Disease Self Management Program is building bridges to the Russian speaking community with the Living Healthy with a Chronic Condition. The first class for Russian Speakers, lead by Lyuba Zuyeva (Land of Sky's Transportation Planner) and Yelena Litvinchuk, was held at the Foster Seventh Day Adventist Church.

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.

Jeanette King Expands Her Horizons

Jeanette King has been a participant in the Senior Community Service Program (SCSEP) since August of 2012. A native of Tarrytown, NY, Jeanette enjoys keeping active by walking, gardening, and working out. She also enjoys reading, singing and traveling in her spare time. She is currently placed at Disability Partners as her host site. Disability Partners provides a myriad of Independent Living services for disabled members of our community. Jeanette started at Disability Partners as a Receptionist and has displayed enough skill and initiative to now be training as an Independent Living Specialist Assistant.

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.

Jeanette has been an exemplary participant in the SCSEP program both because of her work at Disability Partners and her willingness to develop her skill sets. She has taken advantage of numerous training opportunities and has received both her Hospitality Certification and Office Professional Certification in recent months. With her talent, enthusiasm and initiative, Jeanette has embraced the opportunities available with SCSEP. And she seems likely to change a lucky employer's mind about hiring an older adult in the near future.

Older Americans Month in Transylvania County

May is Older American's Month and Transylvania County is celebrating with two events during the month. First, on May 13, friends and family will gather at College Walk to recognize the Transylvania residents who are at least 100 years young at the Century Club Celebration. This is the second year the celebration has been held at College Walk, and the public is invited to attend the 1 pm event.

Second, the "Safe Today. Healthy Tomorrow" Conference will be held on Wednesday, May 21, at the Rogow Room of the Transylvania County Library. The event will feature a variety of community partners showcasing services for older adults, along with presentations from law enforcement, legal, and health experts.

"We have scheduled a full slate of experts who will have the latest information on how seniors can stay safe and healthy," said Louise Koontz, Chairperson on the Transylvania County Council on Aging, a member of the Older American's Month committee, and the head of Adult Services with Transylvania County Department of Social Services.

Included among the presenters will be members of the Transylvania County Sheriff's Office and the Brevard Police Department who will be giving information on scams targeting seniors and identity theft. Additionally, Denise Lockett from Pisgah Legal Services will be presenting information on legal services seniors need to consider such as power of attorney, healthcare power of attorney and Do Not Resuscitate forms. Chair yoga and nutrition will also be presented.

"In addition to the presenters, we will have other community partners set up to offer information and services to help seniors," Koontz said. "Participants will be able to have their blood pressure checked, get information on fall prevention, long-term care, services for the blind and a lot more. There will be something for everyone."

Registration for the event begins at 8:30 am with the first presentation beginning at 9 am. The event is free and does not require pre-registration. "We hope everyone will come out and see us as we celebrate Older American's Month," Koontz said.



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 World Elder Abuse Day

June 15, 2014 is World Elder Abuse Awareness Day. What will you do to protect vulnerable adults in your community from harm? What will you do to make visible the hidden shame of elder abuse? Why should you care about elder abuse?

The older population in America is continuing to grow and will burgeon between the years 2010 and 2030, when the baby boomer generation reaches age 65. Every year an estimated 5 million, or 1 in 10, older Americans are victims of elder abuse, neglect, or exploitation. And experts believe that for every reported case of elder abuse or neglect, as many as 23.5 cases go unreported. By 2030, there will be about 72.1 million older people, comprising almost 20% of the total population – nearly twice as many as in 2007. The 85-plus population is projected to increase to 6.6 million in 2020, a 15% increase from 2010.

Seniors are living longer, but not necessarily better. Potential declines in cognitive and physical functions could make them more vulnerable to victimization. Elders who experience abuse, neglect, or self-neglect face a considerably higher risk of premature death than elders who have not been mistreated. It is estimated that elders throughout the United States lose a minimum of \$2.9 billion annually due to elder financial abuse 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.

What is needed to address the problem? Public awareness and grass-roots involvement to create change that:

- Increases the identification and reporting of abuse by the public, professionals, and victims themselves
- Provides older victims with a safe environment to speak out and tell their stories
- Begins long-term prevention by raising awareness among students and young people

Enhanced services for victims:

- To help prevent abuse, more services to reduce isolation should be available to those at risk.
- To intervene more effectively, elder shelters and other support services, such as in-home help and in-home medical attention, should be established and targeted to at-risk seniors to mitigate the risk of abuse or to remove them from dangerous situations.
- To protect their well-being and assets and to prevent further harm, adequate services should be targeted to victims.

Enhanced system responses:

- To improve the training of state adult protective services workers so they are prepared to respond to increasing numbers of elder abuse reports
- To improve continuing education for mandated reporters on: risk factors and red flags of elder abuse, what to do when they suspect elder abuse, where to report suspicions, and how to respond most effectively.

Research on:

- The scope of the problem (i.e., incidence and prevalence)
- The causes of the problem
- The effectiveness of interventions and prevention strategies
- The impact and monetary costs of elder abuse on the lives of seniors, families, communities, and society in general.

"Protect Seniors: Take a stand against ELDER ABUSE. Year of Elder Abuse Prevention. How to Answer Those Tough Questions About Elder Abuse" www.aaa.gov National Center of Elder Abuse, Center of Excellence on Elder Abuse and Neglect, University of California, Irvine



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.

What Are the Best Care Practices for People with Memory Loss Who Are Living in Long-Term Care?

Larry Reeves, Long-Term Care Ombudsman in Region A, presented to the Community Advisory Committee (CAC) for Buncombe Nursing Homes in January, 2014. His discussion highlighted basic information about dementia and what to look for when CAC members are visiting nursing homes. *Written by Community Advisory Committee (CAC) Volunteer Judy McDonough based on a presentation by Larry Reeves*

What does "dementia" mean? Literally, it's a fading of the mind. 5.8 million people in the U.S. have been diagnosed with Alzheimer's Disease. Dementia is diagnosed by:

- Noticeable cognitive changes
- Elimination of other possibilities
- Usually diagnosed in latter stages
- There are no cures

How does dementia impact a person's life? It impacts EVERYTHING including:

- Thinking, reasoning, & decision-making
- Remembering
- Communication
- Social interactions
- Self-esteem & mood
- Ability to complete activities of daily living such as dressing and bathing

What are the goals of care for a person with dementia?

- Realistic expectations; find out where they are in their reality and join them there
- Safety of person with injured memory and others
- Best quality of life possible

How do we relate to a person with dementia?

- Remember they are still the same person (likes/dislikes, worth/value)
- WE can make changes; they can't.

Why are medications used to treat persons with dementia in LTC facilities?

- "Sedate to compliance"
- Some medications are being used to treat other conditions (seizures, depression)
- Reduce libido
- Alter sleep patterns



What are the alternatives to the use of medications?

- Hydration
- Less noise (no paging, no chair alarms)
- Improve/modify/adjust
- Put old (20 years) photos or pictures in room and keep getting older ones every few months
- Change the physical environment: Neat (uncluttered), Fun, Colors, Aromas (a bad smell near an exit door, cooking food in front of person to stimulate appetite), Laughter, Cartoons, Black and white TV
- Pet therapy
- Children
- Plant therapy
- Raised sand boxes
- More home-like, less institutional
- Body pillows have been shown to help combat loneliness
- Triage
 - What change needs to be made right now?
 - What change can be made later?
 - What should stay the same?

SAVE THE DATE!

2nd Annual Sacred Journey of Dementia Conference

Saturday, June 7, 2014 • 8:30 am - 4:30 pm
First Baptist Church Asheville

A gathering for persons with dementia, caregivers, family members, professionals, and community members.

To sign up to receive information by email go to: www.fbca.net under "News & Events" or call Greg Fighter at 252.4781



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.

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 Carolynn Cohron Receives the 2014 Kathleen Godwin Cole Award

Carolynn Cohron was awarded the Kathleen Godwin Cole Volunteer Award for 2014 during the monthly Land of Sky Council meeting on April 23rd. Cohron was recognized for her service to the Senior Companion Program and her role as a Volunteer Leader to the companions and clients at Laurel Wood Apartments in Asheville.

"We owe the success of the Senior Companion Program here at Laurel Wood Apartments to Carolynn," said Kathryn Hightower, Community Administrator at Laurel Wood. "Her commitment to providing services to seniors so they can remain in independent living has been outstanding."

Kathe Harris, chair of the Senior Volunteer Services Advisory Council, presided over the awards celebration.

"Volunteers are the heart of our communities, and today we are here to celebrate those volunteers who have been nominated for this award," Harris said. "As we celebrate our nominees today, we are grateful for the service that each has given to our communities."

Cohron was chosen from a pool of 12 nominees. Others receiving nominations for the award include:

- G'Anne Sparks – for her work with the Blue Ridge Literacy Council
- Craig Miller – for his work with the Brevard Police Department
- Charles Dickens – for his advocacy work with the Senior Tar Heel Legislature
- Terry Randolph – for his work with the ABCCM Medical Clinic
- Lee Stewart – for her work with the Transylvania County Council on Aging and the Silvermont Opportunity Center
- Charlie Franck – for his work with Asheville Area Habitat for Humanity
- Claudia Nix – for her advocacy work for bicycle and pedestrian issues
- Keith Costello – for his work with the Literacy Council of Buncombe County
- Karl Katterjohn – for his work with the Buncombe County Sheriff's Office S.E.R.V. Program
- Delores Stroupe – for her advocacy work with the Senior Tar Heel Legislature
- Edward Imhoff – for his work with the Brevard Police Department

The award was established in 1990 in memory of Kathleen Godwin Cole, who served for several years on the Advisory Council on Aging and was the Chair of its Contractor Relations Committee. She was also Chair of the Buncombe County Domiciliary Home Community Advisory Committee for several years. The award is given annually to one Land of Sky volunteer, age 55 or better, who has made a significant contribution to our region.



R-L: Kathryn Hightower and Carolynn Cohron



Carolynn Cohron was presented the Kathleen Godwin Cole Award by Kathe Harris and Land of Sky Board Chair George Goosmann, III

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.

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.

FGP**In Remembrance of Martha Pendley**

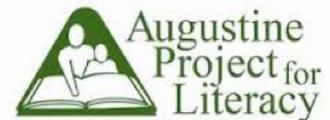
The Foster Grandparent Program lost a very special volunteer, Martha Pendley, in February of 2014. Martha volunteered at Black Mountain Primary for more than 11 years and served 13,000 hours working one-on-one with at-risk or special-needs children. Martha was an essential member of her third grade "pod" and made a difference in many children's lives throughout the years. At 89 years old, her dedication to the children she worked was an inspiration to all who knew or worked with her. Martha retired as a seamstress and each year sewed a pillow for the children she worked with, a small token of love that she could send them home with. "Grandma's" caring, loving nature will be remembered by the hundreds of lives she touched through the Foster Grandparent Program at Black Mountain Primary.



The students at Black Mountain Primary covered Ms. Martha's desk with cards.

RSVP**The Augustine Project - Evidence Based Tutoring**

In 2015, RSVP will be undergoing a change in how it allocates its resources and focuses its attention. RSVP will be moving from a volunteer center model with a broad application to a more focused approach identifying two or three community needs and placing all of our resources on building the capacity of these needs.



Literacy for students K-12 has been identified as one of these focus areas. Why child literacy? According to the National Assessment of Educational Progress scores for 2013, 65% of North Carolina's 4th graders are below proficient in reading. To add to this, children don't outgrow poor reading; 74% of poor readers in 3rd grade are still poor readers in 9th grade and the gap widens over time. It is vitally important to insure that this gap is closed.

To address this need, RSVP will be partnering with the NC based, Augustine Literacy Project, an evidence based literacy program that works to improve the reading, writing and spelling abilities of low-income children and teens who struggle with literacy skills. The project trains volunteer tutors who provide free, one-on-one, long-term instruction in reading, writing and spelling. Tutoring usually takes place 2-3 times a week at the child's school during the school day. Alternate tutoring sites may include after school programs. Lessons last approximately 50 minutes. Tutors receive 70 hours of training in how to provide research-based reading instruction in phonemic awareness, phonics, vocabulary, fluency, comprehension, spelling and written expression. The training is emphasizing the importance of direct instruction, engaging all the senses in learning, and presenting information in a structured, sequential format targeting the student's individual needs.

The Augustine Project locally has had tremendous success with a 46% improvement in phonics awareness, word attack scores have improved an average of 1.6 grade levels, sight word recognition has increased an average of 35%, and spelling improved an average of 1.2 grade levels. 88% of students improved fluency and comprehension moving from frustration level to instructional level; meaning that student's struggles in literacy are no longer hampered in their ability to learn the lessons taught in the classroom.

Recruitment for tutors will begin in June for the 2014/2015 school year. Tutors will be placed through the Buncombe County Literacy Program that administers the Augustine Program in Buncombe County and RSVP is working towards partnering with the Brevard Community Church that sponsors the Augustine Project in Transylvania and Henderson Counties. If you are interested in learning more about the Augustine Program and RSVP, contact Patti Cameron.

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**RSVP Partners with Henderson County Habitat for Humanity**

RSVP Partners Henderson County Habitat for Humanity RSVP is proud to announce that it is partnering with Habitat for Humanity of Henderson County to help support and increase their capacity to serve the community.

“We are excited to partner with Habitat for Humanity of Henderson County. We chose this project because we feel safe and affordable housing is a very important issue in our community and aligns well with Senior Corps new focus areas,” notes RSVP Coordinator Patti Cameron.

RSVP is currently recruiting volunteers for Habitat. There are a myriad of volunteer roles. Opportunities include new home construction, the ReStore Thrift Store, Family Selection & Support and Resource Development. All volunteers must complete an application form and a background check, and sign a liability waiver.

Help RSVP spread the word about these great opportunities to serve the community. If you or someone you know is interested in volunteering with Habitat, contact Patti Cameron.

**RSVP****Citizens Police Academy**

The Asheville Police Department (APD) is now inviting residents to apply for the fall semester of its Citizens Police Academy. This free program gives participants insight into the philosophy and policies that govern the APD’s service to the community. The class is designed to give residents an appreciation for the problems and challenges facing law enforcement, as well as an up-close opportunity to offer insights, ideas, and solutions.

Classes begin on September 4 at 5:30 pm at the police department. The academy lasts for 12 consecutive weeks, with three-hour classes held on Thursdays. The final day of the class is a graduation ceremony. The course consists of basic classroom instruction, presentations, and demonstrations on topics such as criminal investigations, constitutional and criminal law, use of force, departmental structure, and defensive tactics.

Participants will also be able to ride with police officers on patrol. Those wishing to participate must apply and be accepted. For more information on the academy, contact Officer Keith McCulloch at 259-5834 or e-mail him at kmcculloch@ashevillenc.gov.

Participation in the Citizen Police Academy is recommended for those whom wish to volunteer with the Asheville Police Department.

**RSVP****Continued Recruitment for Volunteer Center**

Come join RSVP’s new initiative with the United Way of Asheville-Buncombe. Our goal is 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. You will have regular office hours at the Hands On office and be provided with training and supervision. If you are interested, contact Patti Cameron.



CALENDAR OF MEETINGS & EVENTS

May - Older Americans Month (OAM)

- 5 **Advance Care Planning Through the Eyes of Faith**, First Baptist Church of Asheville, 6 - 8 pm. For info contact the WNC Advance Care Planning Community Initiative Coordinator, Jennifer Stuart at 828.257.4449 or jennifer.stuart@mahec.net
- 5 **LGBT Elder Advocates of WNC Advisory Board Meeting**, LOS, 2:30 - 5 pm
- 6 **Buncombe County Aging Coordinating Consortium (ACC) Planning Meeting**, United Way, 9 - 10:30 am
- 13 **Foster Grandparent Volunteers In-Service**, LOS, 9 am - 1 pm
- 13 **Transylvania County's Annual Century Club Tea**, College Walk Retirement Community, Brevard, 1 - 3 pm. For more info contact Janice Payne at 251.6622.
- 13 **Successful Aging 2014**, Sherrill Center at UNC Asheville, 8:30 - 2:45 pm. For more info visit www.coabc.org
- 14 **Henderson County NH/ACH CAC Meeting**, Hendersonville, 2 pm
- 14 **Community Resource Connections (CRC) Leadership Team Meeting**, LOS, 10:30 - 12 pm
- 15 **Caregiver Support Program Advisory Committee Meeting**, Madison County, 11:30 am - 1:30 pm
- 15 **Governor's Advisory Council Policy Listening Session**, see page 3
- 16-23 **Strive Not To Drive Week**, visit www.StriveNotToDrive.org for more info.
- 16 **Buncombe County ACH CAC Meeting**, LOS, 9 - 10:30 am
- 19 **TRIAD of Buncombe County Meeting**, LOS, 2:30 - 3:30 pm
- 19 **Senior Companion Volunteers In-Service**, LOS, 9 am - 1 pm
- 21 **"Safe Today. Healthy Tomorrow" OAM Conference**, Transylvania County Library, see page 5
- 21 **Culture Change in Aging Network of Buncombe County (CCAN) Meeting**, LOS, 10:30 am - 12 pm
- 22 **Buncombe County Aging Coordinating Consortium (ACC) General Meeting**, CarePartners, 2 - 3:30 pm
- 26 **Memorial Day**, Land of Sky Offices Closed
- 27 **WNC Fall Prevention Coalition Meeting**, LOS, 11:30 am - 1 pm



June

- 2 **Friends of LGBT Elder Advocates of WNC Educational Event: Transitions in Care**, LOS, 3:30 - 5 pm
- 3 **Buncombe County ACC Planning Meeting**, United Way, 9 - 10:30 am
- 6 **"Behavioral Health" CEU Class**, LOS, 8:30 am - 4 pm. For more information contact Barbara Hinshaw at 251.6622.
- 7 **2nd Annual Sacred Journey of Dementia Conference**, First Baptist Church Asheville, see page 7
- 11 **Henderson County NH/ACH CAC Meeting**, Hendersonville, 2 pm
- 11 **CRC Leadership Team Meeting**, LOS, 10:30 - 12 pm
- 12 **Volunteer Service Advisory Council**, LOS, 2 - 4 pm
- 16 **Senior Companion Volunteers In-Service**, LOS, 9 am - 1 pm
- 17 **TRIAD of Buncombe County Meeting**, LOS, 2:30 - 3:30 pm
- 17 **Foster Grandparent Volunteers In-Service**, LOS, 9 am - 1 pm
- 18 **CCAN of Buncombe County Meeting**, LOS, 10:30 am - 12 pm
- 20 **Buncombe County ACH CAC Meeting**, LOS, 9 - 10:30 am
- 26 **Buncombe County ACC General Meeting**, CarePartners, 2 - 3:30 pm

July

- 1 **Buncombe County ACC Planning Meeting**, United Way, 9 - 10:30 am
- 4 **Independence Day**, Land of Sky Offices Closed
- 9 **Henderson County NH/ACH CAC Meeting**, Hendersonville, 2 pm
- 9 **CRC Leadership Team Meeting**, LOS, 10:30 - 12 pm
- 10 **Aging Advisory Council Meeting**, Transylvania County, 10 - 11:30 am
- 14 **Senior Companion Volunteers In-Service**, LOS, 9 am - 1 pm
- 15 **Foster Grandparent Volunteers In-Service**, LOS, 9 am - 1 pm
- 16 **CCAN of Buncombe County Meeting**, LOS, 10:30 am - 12 pm
- 17 **Buncombe County NH CAC Meeting**, Location TBA, 4 pm
- 21 **TRIAD of Buncombe County Meeting**, LOS, 2:30 - 3:30 pm
- 22 **WNC Fall Prevention Coalition Meeting**, LOS, 11:30 am - 1 pm
- 24 **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 251.7438.

Tuesdays, May 20 - June 24
HCPRD Athletics and Activity Center
5 - 7:30 pm

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

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

May 15, 16, 22 and 23
YWCA of Asheville
9 am - 5 pm each day
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 2: May - July 2014



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- Terry Collins** - Regional Ombudsman
- Tricia Adell** - Project C.A.R.E. Assistant
- Vicki Jennings** - Senior Companion Program Manager

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

