

Aging and Volunteer Services

Serving Buncombe, Henderson, Madison, and Transylvania Counties



Vol I - Issue 4: November 2012 - January 2013

FCSP

November is National Family Caregiver Month

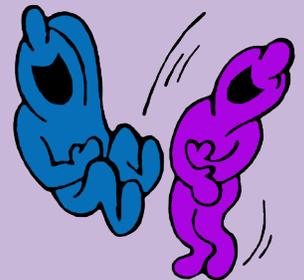
In 1994, the National Family Caregivers Association began promoting the celebration of family caregivers during the week of Thanksgiving. President Clinton signed the first presidential proclamation in 1997 and every president since - Democrat and Republican alike - has issued an annual proclamation appreciating family caregivers. As interest grew in family caregiving issues, National Family Caregivers Week became National Family Caregivers (NFC) Month.

Day in and day out, more than 65 million family caregivers in this country fulfill a vital role on the care team. No one else is in a better position to ensure continuity of care. Family caregivers are the most familiar with their care recipients' medicine regimen; they are the most knowledgeable about the treatment regimen; and they understand best the dietary and exercise regimen. National Family Caregivers Month is a time to thank, support, educate and empower family caregivers. Celebrating Family Caregivers during NFC month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

Land-of-Sky Regional Council's Family Caregiver Support Program is partnering with organizations that serve older adults and their caregivers to provide Fun Friday for Family Caregivers - a day of fun, laughter and relaxation for those caring for family and friends of all ages. About 60 people participated in our first Fun Friday last year and many wanted this to be at least an annual event. This free event is our kick-off event for National Family Caregiver Month. Lunch will be provided.

Fun Friday for Family Caregivers



Come Laugh with Us!

Friday, November 9

10 am - 2 pm

Fletcher Calvary Episcopal Church

2840 Hendersonville Road

Walk-ins welcome. For more info call 828-645-9189 or patricia.hilgendorf@gmail.com.



Happy Holidays

WISHING YOU PLEASANT HOLIDAYS AND A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR!

FROM THE AGING AND VOLUNTEER SERVICES STAFF:

LeeAnne Tucker, Barbara Hinshaw, Brenda Delacruz, Carol McLimans, Christina Giles, Jennifer Atkinson, Lee Ann Smith, Linda Kendall Fields, Pat Hilgendorf, Patti Cameron, Rebecca Chaplin, Shanaia Powell, Sherry Christenson, Stacy Friesland, Terry Collins, and Vicki Jennings

Website: www.landofsky.org
Phone: (828) 251-6622

Area Agency on Aging



AAA Area Agency on Aging

The Area Agency on Aging helps to determine the needs of older adults and works with counties to plan services to meet those needs. The goal of providing these services is to enable older adults to live independently in their homes for as long as possible. The AAA is responsible for the management and delivery of the programs listed.

FCSP Advance Care Planning in Western North Carolina

The aim of the WNC Advance Care Planning (ACP) Community Initiative is to preserve the quality of life and continuity of care for all Western North Carolina residents by encouraging people to consider and share their wishes for medical treatment and end-of-life care. Nationwide only 30 percent of the population has recorded their wishes for future healthcare needs if they were unable to speak for themselves or to make their own healthcare decisions.

To increase that percentage in our region, the WNC ACP Community Initiative is raising awareness about the need for advance care planning by working with existing organizations and sharing the opportunities available to complete an advance care plan. The initiative is also offering certification to aging and healthcare professionals to facilitate an advance care plan conversation. Of the issues surrounding such planning, the initiative is also focusing on strengthening the systems in healthcare to honor advance care plans.

The WNC ACP Community Initiative is composed of professionals representing hospitals, healthcare, aging services, higher education and community members dedicated to the use of ACP. The initiative is funded by the Duke Endowment, is a WNC Triple Aim Team (WNC Health Network), and a focus of The Center for Healthy Aging.

For more information, contact Jennifer Stuart, ACP Community Coordinator, at (828) 257-4449. See www.mahec.net/nccha/acp.aspx for more information.

FCSP Memory Cafés Open

Memory Cafés are now open to our community! These “Memory Cafés” are expressly for people with dementia, their families, caregivers and friends, and they offer an opportunity for social interaction that is often hard to access for those struggling with memory challenges.

“One of the greatest causes of suffering among those living with dementia and their caregivers is the lack of understanding and loneliness that accompanies the diagnosis,” said Jane Sherman, who wrote the grant from the N.C. Department on Aging and Adult Services to launch Memory Cafes in three local churches and a senior center.

“Memory Cafes are an intentional and caring act of hospitality,” Sherman said. (Excerpt from Asheville Citizen-Times, for the complete article visit <http://www.citizen-times.com/article/20121020/NEWS/310200022/-Memory-Cafes-open-Asheville>)

Memory Cafés Schedules:

3rd Thursdays, 1 - 3 pm
First Baptist Church of Asheville
5 Oak Street, Asheville
contact: Leah Brown ~ LBrown@fbca.net
November 15, December 20, January 17



3rd Saturdays, 2 - 4 pm
Fletcher Calvary Episcopal Church
2940 Hendersonville Road, Fletcher
contact: Betty Robbins ~ bettyrobbins@morrisbb.net
November 10, December 15, January 19

1st Wednesdays, 2 - 4 pm
Unitarian Universalist Congregation of Asheville
1 Edwin Place, Asheville
contact: Rev. Lisa Bovee-Kemper ~ Asstminister@uuasheville.org
November 7, December 5, January 9

1st Mondays, 1 - 3 pm, beginning in January 2013
Senior Resource Center of Haywood County
81 Elmwood Way, Waynesville, NC
contact: Suzanne Hendrix ~ shendrix@mountainprojects.org
January 7

FCSP Family Caregiver Support Program

The Family Caregiver Support Program provides support for caregivers of frail elderly persons and grandparents or other older relatives who are raising children. FCSP also provides caregiver counseling, training, respite and case assistance to help support families with the emotional and physical stress of dealing with caregiving for their loved ones disabilities or illness.

SCSEP Senior Community Services Employment Program

The Senior Community Services Employment Program is a job-training employment program for low-income adults. SCSEP provides temporary work experience assignments for people age 55 and over whose incomes fall at or below the federal poverty line and are currently unemployed. Participants work with community organizations to sharpen and develop skills while searching for a permanent job.

CRC New CRC Regional Coordinator

Land-of-Sky Regional Council's Community Resource Connections (CRC) has experienced several changes. First, the Transylvania County hub for the CRC has moved. Once located at Transylvania County Department of Social Services, it is located now at Silvermont Opportunity Center. Alice Taylor, Director of Silvermont, is the Transylvania County CRC contact person. She helps Transylvania County residents locate services. She can be reached at (828) 884-3166.

Shanaia Powell is the new Regional Coordinator for the CRC. She started in this position on October 1, 2012. The previous coordinator, Linda Kendall-Fields, had "numerous irons in the fire" and decided to focus on some of her other passions.



Another change that the CRC has experienced is the loss of consumers on its Leadership Team. The CRC Leadership Team meets monthly at Land-of-Sky Region Council. The Team consists of professionals from each organization that participates in the CRC as well community members/consumers. The team had three consumers in the past, but now is down to one volunteer. The Team would love to add some enthusiastic volunteers to the Leadership Team.

For questions or more information on the CRC Leadership Team, contact Shanaia Powell at 251-7461 or shanaia@landofsky.org.

SCSEP SCSEP Update

In October, two Senior Community Service Employment Program (SCSEP) Madison County participants transferred from Land-of-Sky Regional Council to the State of Franklin SCSEP Title V Program. They have remained in their positions in the program in Madison County. Meanwhile, SCSEP is looking to fill their slots. Many new people have shown a need for the program, and there are discussions going on with possible new host agencies. The program also continues to make employers aware of our participants and their skills. Recently, two stories about SCSEP were in Hendersonville newspapers. If you have any suggestions about employers, contact SCSEP Coordinator Jennifer Atkinson.

STHL 2013 STHL Legislative Priorities

The North Carolina Senior Tar Heel Legislature (NCSTHL) concluded its final meeting for 2012 in October. During the two day meeting, the group received an update on various aging services programs in our state. In addition, they learned about volunteer opportunities in North Carolina. It is also during this meeting when delegates vote on their top five priorities to send to the General Assembly for its 2013 session.

The Senior Tar Heel Delegates voted on the top five priorities to send to the General Assembly for its 2013 session. The new 2013 legislative priorities include:

- Mandate pre-employment and random drug testing for employees of nursing, adult care homes, and adult day care facilities
- Maintain funding for senior centers
- Recurring funds of at least \$7 million for the Home and Community Care Block Grant
- Restore funding to sustain Project C.A.R.E.
- Strengthen and fund North Carolina's Adult Protective Services Program

Interested in Becoming a Senior Tar Heel Legislator?

Land-of-Sky Regional Council is taking applications for older adults to serve as North Carolina Senior Tar Heel Legislators (STHL). The STHL promotes citizen involvement and advocacy concerning aging issues before the General Assembly and assesses the legislative needs of older adults by convening a forum modeled after the North Carolina General Assembly. It is during these forums that the STHL establish priorities for the upcoming years. One delegate and one alternate represent every older adult in the state's 100-counties. STHL meets three times a year in Raleigh. During these sessions, the group is updated on the condition of federal and state aging services programs. For an application, contact LeeAnne Tucker, at 251-6622 or leeanne@landofsky.org.



HPDP

Health Promotion and Disease Prevention

Health Promotion and Disease Prevention provides support to older adults in maintaining optimal physical, mental and emotional health. Administers funding and program support for Senior Centers and a variety of regional health and wellness activities.

LH

Living Healthy with a Chronic Condition or Diabetes

Living Healthy also known as Chronic Disease Self-Management Program, developed through Stanford Patient Education, is a six-week workshop for people with any type of ongoing health problem. Participants learn to manage symptoms such as pain, fatigue & depression; increase endurance; use medication effectively; improve communication skills, eat well; handle stress; and more!

HPDP

Western North Carolina is Destination for Healthy Aging

Have you heard? Western North Carolina is an exemplary region for vital and active aging. This was illustrated in our fifth annual regional Active Aging Week attended by over 1,135 participants. The planning committee felt successful in achieving our goals of promoting positive images of aging and providing opportunities for older adults in Western North Carolina for physical and social activation— two factors which we know contribute to healthy aging.

One of the many keys to our region’s success is through partnerships public and private organizations. This includes 18 partners who participated on the planning committee and/or host Active Aging Week events. These were: Land-of-Sky Regional Council, the Alzheimer’s Association, Blue Ridge Seventh Day Adventist Association, Asheville Movement Center, YMCA of Western North Carolina, CarePartners Health Services, Council on Aging of Buncombe County Inc., Osher Life Long Learning Center, YWCA of Asheville, University of North Carolina-Asheville’s HAPI Program, Park Ridge Health, Pardee Health Care, Parks and Recreation of Henderson County, Carolina Village Retirement Community, Diamond Brand Outdoor, Mtn. Home Care, Western North Carolina Community Action / Silvermont Opportunity Center, Madison County Health Department, and Madison County Health Consortium.

In addition, we had four main Active Aging Week sponsors including CarePartners Health Services, the Council on Aging of Buncombe County Inc., Carolina Village Retirement Community, and media sponsor – WNC Woman Magazine. Finally, we are grateful for the positive publicity in each county’s local newspaper.

The week was ‘kicked off’ with a Wellness Expo at the regional Biltmore Square Mall. Over 500 individuals attended this event. The Wellness Expo provided older adults in our community with an opportunity to meet people who represent agencies for active aging in our region – including over 80 vendors in the realms of physical activity, fall prevention, diabetes education, volunteerism, community services, and nutrition. This year, we used a ‘passport program’ to encourage individual to visit vendors in each realm for the possibility of winning door prizes.

The week of events was unique to the culture of each county. Buncombe, Madison, Henderson and Transylvania counties created a distinct variety of destinations based on the culture and resources therein. Buncombe County showcased opportunities for physical activity, healthy eating, mental, emotional and spiritual wellbeing, and playfulness. Madison County focused on walks and volunteer opportunities. Henderson County sported a variety of walks to invite folks to enjoy the natural beauty of the region. Transylvania County provided an opportunity to explore the complementary and alternative healing options. Each destination was deemed a premier opportunity to explore the rich opportunities for living an active and healthy life regardless of any socio-economic, ethnic, or philosophical differences.

The Area Agency on Aging at the Land-of-Sky Regional Council is delighted and grateful to work with community partners and older adults to create Western North Carolina as a healthful destination for all human beings who choose to age well.

A few photos from Active Aging Week 2012



Balance for Life Day at CarePartners



The Alzheimer’s Association was one of many booths at the Wellness Expo at the Biltmore Square Mall



Participants learn Zumba at Fit After 50 Day at the YMCA Recreation Field in Woodfin



Active Relaxation at the Journey Within Day at Asheville Movement Center

FP

Fall Prevention

The WNC Fall Prevention Coalition is committed to reducing the number of falls and fall-related injuries in Western North Carolina. The Coalition is comprised of community volunteers and representative of 35 local agencies. The Coalition has three areas of focus: provider education, community awareness and education, and community screening and referral.

HCCBG

Home and Community Care Block Grant

The Home and Community Care Block Grant, or HCCBG, allows local groups to make decisions about what services are most needed by older and disabled adults in their county, how much money needs to be allocated to the service, and what agency will provide the service. Last year more than 3600 seniors were assisted in our region.

A&VS

Land-of-Sky Regional Council's Executive Director Lands Position at NADO

Land-of-Sky Regional Council's Executive Director, Joe McKinney, has been named the National Associations of Development Organizations' (NADO) new Executive Director. Headquartered in Washington, DC, NADO provides advocacy, education, research, and training for the nation's 520 regional development organizations. The association and its members promote regional strategies, partnerships, and solutions to strengthen the economic competitiveness and quality of life across America's local communities.



Council members, staff, community members, and many more gathered on October 24 to celebrate Joe's ten year directorship at LOSRC. Under his leadership, Land-of-Sky has been recognized nationally for its innovation and program expansion in areas such as planning and economic development, workforce development, transportation and transit, aging services, volunteer services, and geographic information systems.

Joe will be greatly missed by many in the Region B community!!

L-R: Joe McKinney, Buncombe County Commissioner David Gantt, and former LOSRC Executive Director Bob Shepherd

A&VS

I'm Almost 65 - How Should I Prepare for Medicare?

It is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurance, Medicare health plans and prescription drug coverage. Attention to these issues will help you avoid serious and costly problems later. Don't wait until you're 65 to start thinking about your Medicare choices. Start now and let SHIIP, the Seniors' Health Insurance Information Program, help you.



There are SHIIP sites in all 100 counties in North Carolina. It is recommended that you review your Medicare options before you need to enroll so that you don't make any hurried decisions at the last minute. Your Medicare choices will depend on several factors. SHIIP has created a handout meant to help you navigate the Medicare system and initial enrollment process. The handout, "The Road to Medicare," outlines the decisions you'll need to make and what options are available through the Medicare system. To obtain a free copy of "The Road to Medicare," call SHIIP at (800) 443-9354 or visit www.ncshiip.com

You can also meet with a certified SHIIP Volunteer Counselor in your community to discuss your Medicare options. To arrange an appointment with a SHIIP Volunteer Counselor, contact the SHIIP Coordinating Site in your county; if you don't know the local contact information, call SHIIP at (800) 443-9354 or visit www.ncshiip.com

Local SHIIP offices are: (Ask for SHIIP Help)

- Buncombe County: Council on Aging of Buncombe County, (828) 277-8288, Nathan Johnson – nathanj@coabc.org
- Madison County: Community Services, (828) 649-2722, Penny Buckner - pbuck@madisoncountync.org
- Transylvania County: Extension Service, (828) 884-3109, Eric Caldwell - eric_caldwell@ncsu.edu
- Henderson County: Blue Ridge Mall, (828) 692-4600

Don't wait to make your Medicare decisions — you can and should start the process before your 65th birthday. Let SHIIP help you understand your options and get you on the road to Medicare.

CRC

Community Resource Connections for Aging and Disabilities

Community Resource Connections is a federal and state initiative to reduce the confusion that many have experienced in trying to find services, often resulting in making multiple telephone calls before finding help. CRC core functions include information and assistance, options counseling, streamlined access, v transitions partnership with hospitals and nursing facilities.

STHL

Senior Tar Heel Legislature

The Senior Tar Heel Legislature promotes citizen involvement and advocacy concerning aging issues before the General Assembly. STHL provides information and education to Senior Citizens on the legislative process and matters being considered by the General Assembly. Each of the 100 NC counties is entitled to one delegate and one alternate to the STHL.

LTCOP

The Misuse of Antipsychotics amongst Nursing Home Residents: A Status Update

(From the National Consumer Voice for Quality Long-Term Care)

According to a report from the Department of Health and Human Services (HHS) Office of the Inspector General, twenty-six percent of all nursing home residents receive antipsychotic medications. The HHS Office of Inspector General found that 88 percent of these residents are elderly people with dementia. According to the Food and Drug Administration (FDA), elderly patients with dementia-related psychosis treated with antipsychotic drugs are at an increased risk of death. Furthermore, antipsychotic drugs are not approved for the treatment of dementia-related psychosis.

Medicare and Medicaid prohibit physically or chemically restraining residents for staff convenience, but the government alleged that major pharmaceutical companies and the largest long-term care pharmacy illegally marketed antipsychotics to treat symptoms of dementia. HHS Inspector General Daniel Levinson said —government, taxpayers, nursing home residents, their families and caregivers should be outraged—and should seek solutions to the misuse of antipsychotic drugs as restraints.

The FDA has required the manufacturers of conventional antipsychotic drugs to add a Boxed Warning and Warning to the drugs' prescribing information about the risk of mortality in elderly patients treated for dementia-related psychosis. In October 2011, the Centers for Medicare and Medicaid Services (CMS) announced that it was considering regulations that would require nursing homes to hire independent pharmacists to assess residents' prescriptions. The regulations would have required pharmacist consultants in nursing homes to be free of conflicts of interest so they could make drug recommendations based on what is best for the resident – not what's best for the pharmacy companies or drug companies.

In April 2012, CMS decided NOT to publish these rules. Among the reasons given are that addressing this issue would not solve the entire problem (others such as facility staff and doctors, are also part of the problem), and it would disrupt the long-term care industry.

In May 2012, CMS launched the "Partnership to Improve Dementia Care Initiative," which will seek to reduce the misuse of atypical antipsychotics among nursing home residents by 15% by the end of 2012. As part of this initiative, data on each nursing home's antipsychotic use has been made available on Nursing Home Compare. The initiative also emphasizes nonpharmacological alternatives to antipsychotics for nursing home residents. These include consistent staff assignments, increased exercise or time outdoors, monitoring and managing acute and chronic pain, and planning individualized activities.

In May 2012, Senators Kohl, Grassley and Blumenthal introduced an amendment to S. 3187, the Food and Drug Administration Safety and Innovation Act, which would have required informed consent to administer antipsychotic drugs to elderly patients with dementia. Despite the tremendous outreach efforts of advocates across the country and the commendable leadership of Senators Grassley (R-Iowa), Blumenthal (D-Conn.) and Kohl (D-Wis.), the amendment was unable to achieve the unanimous consent required for consideration, failing by merely one vote.

Locally, the North Carolina Health Care Facilities Association sponsored "CMS State Collaboration on the Use of Antipsychotics," a program for facility personnel, physicians, pharmacists, and social workers on interventions that can be used to reduce antipsychotic medication use. The program was offered October 10, 11, and 16 in Greensboro, Cary, and Charlotte. This seminar was the "kick-off" for the CMS "Partnership to Improve Dementia Care Initiative" in NC and focused on comprehensive dementia care and therapeutic interventions for nursing home residents with dementia.

The Carolinas Center for Medical Excellence (CCME) is offering a free webinar on Tuesday, November 13 from 12:30 p.m. to 1:30 p.m. on "Reducing the Use of Antipsychotics Medication in Nursing Homes." For additional information, contact Sarah Stein, CCME, at (919) 461-5538 or sstein@thecarolinascenter.org.

LTCOP

Long-Term Care Ombudsman Program

An Ombudsman is an advocate for long-term care residents' rights and is responsible for investigating complaints made by, or on behalf of, nursing and adult care home residents. They work with residents, family members, concerned citizens, facilities, as well as public and private agencies to enhance the quality of care and life for residents in long-term care.

AAA

Other AAA Programs & Services

Other programs and services that the AAA manage include:

- Century Club honors people on their 100th and subsequent birthdays.
- Operation Fan/Heat Relief is a special assistance project that provides people 60 and over or with a disability fans and air conditioners during the hot summer months.

LTCOP

Envisioning Home Forum

In September, the Osher Lifelong Learning Institute partnered with the Buncombe County Culture Change in Aging Network (BCCAN) to sponsor a forum about creating new models of home and community in later life. One hundred community members, baby boomers, elder care providers, and adult children of aging parents listened to presentations about current retirement models in Buncombe County like assisted living, skilled nursing homes, and naturally occurring retirement communities.

A presentation by keynote speaker Dene Peterson, founder of ElderSpirit, described how her community evolved into the residential cooperative that it is today. Ms. Peterson describes her ElderSpirit community as a mixed-income cohousing community. Dr. Emily Roberts presented her doctoral research on the adoption of "Greenhouse Cottages" by the Canadian government. "Greenhouse Cottages" are intimate residential settings, with an open floor plan and an accessible kitchen, for a maximum of 6 residents. In Nova Scotia, there is zero cost to the resident. These skilled medical home models are 100 percent subsidized by the Canadian Government. "Greenhouses" are modeled after the concept developed by Dr. Bill Thomas.

BCCAN will continue to process the information gathered during the forum in hopes to facilitate and organize more residents in the community who wish to create their own unique, livable, senior communities. Contact the AAA for more information on how you can participate.



CAC Volunteers and Ombudsmen enjoyed the day at the Governor's Western Residence at the 2012 CAC Retreat.

CAC Orientation will be held on January 15 & 17 at Land-of-Sky Regional Council from 9 am - 1 pm. *If you are interested in being a CAC member, call the Ombudsmen at 251-6622.

CAC

Community Advisory Committee Member

The Ombudsman Program works in conjunction with Nursing Home (NH) and Adult Care Home (ACH) Community Advisory Committees (CACs) in each county to serve residents in long-term care facilities. CACs are volunteers appointed by county commissioners who visit facilities, interact with residents, and advocate for quality care in the homes.

Welcome New CAC Members

Welcome:

Caitlin Connelly and Vicki Eatmon - BC ACH CAC
Natira Collington and Angela Rutledge - BC NH CAC
Cynthia Bantsolas - HC ACH/NH CAC

Thanks and Farwell to:

Karen Oeschlaeger - BC ACH CAC
Angelique Jones and Judith Hallock - BC NH CAC
Kay Nelson - HC ACH/NH CAC

Thank you for your services!

You will be missed!



CAC Meeting Calendar

Buncombe County ACH: Nov 16, Dec 21, Jan 18

Buncombe County NH: Jan 17

Henderson County ACH/NH: Nov 14, Dec 12, Jan 9

Madison County ACH/NH: TBA

Transylvania County ACH/NH: Jan 14



Forum participants listened to many speakers, such as Dene Peterson, founder of ElderSpirit (pictured left).

Volunteer Services



vs Volunteer Services

Volunteer Services connects today's over 55s with the people and organizations that need them most. VS helps them become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations. Their contributions make a real difference to individuals, nonprofits, and faith-based and other community organizations throughout our region.

vs A Successful Wellness Expo!

Land-of-Sky Regional Council's Volunteer Services Department hosted another very successful Wellness Expo at the Biltmore Square Mall in September. The Expo was a kick-off event to Active Aging Week's "Many Journeys, Many Destinations." More than 500 volunteers, seniors and community members visited over 80 vendors which included a variety of senior services providers, local hospitals, law enforcements and other organizations. Thank you to all who helped make this a great Expo!!



A few photos from the Expo - clockwise from top left: Patti Cameron and Stacy Friesland handed out info regarding LOSRC Volunteer Programs; grand prize winner for attendance and participation at the Expo; Council on Aging of Buncombe County, Inc's booth; Claudia Nix, a strong advocate for cycling at every age; Mission Health had one of numerous health screenings; and local officers sign the TRIAD proclamation which forms partnerships between law enforcement and older adults.

vs Medicare Diabetes Screening Update

Last quarter, we reported that our Senior Corp programs received a competitive award of \$2,500 from the Medicare Diabetes Screening Project (MDSP), a national coalition of patient, nonprofit organizations, and corporate partners that is leading the way in encouraging seniors to improve their health by getting checked for diabetes. We are happy to announce that we met our outreach goals of educating 1000 older adults on the risks factors of diabetes and the free diabetes screenings available through Medicare.

It took a team effort to reach our goal. We would like to take this time to thank those involved in the campaign and to share with you our results. Walgreens has distributed hundreds of MDSP flyers at their local drug stores. The Active Aging Committee assisted with advertisement the program through the 2012 Wellness Expo. Julie Covington, Outpatient Diabetes Educator with Park Ridge Health, gave an educational diabetes presentation to 120 Fosters Grandparents and Senior Companion volunteers. A special thank you goes out to the nurses of Wellness on Wells Program (W.O.W) of Park Ridge Health for providing blood glucoses screening to over 130 participants at two regional events.

Lessons learned for the MDSP campaign were many. Currently, the Centers for Disease Control estimates there are nearly 26 million people with diabetes, and an additional 79 million with prediabetes. In Buncombe County, alone 7% of the population live with diabetes that is better than the national average of 8.3% but still a concern. For minorities in our community diabetes is ranked the 6th leading cause of premature death, 11th for non-minorities. We did our own survey of participants in our campaign based on the five risk factors for diabetes and discovered 55% had indicated they had high blood pressure, 41% had a family history of diabetes, 37% had high cholesterol, 32% were overweight, and just 1% were diabetic during pregnancy. Having just one of these risk factors puts you at risk of diabetes; each additional risk factor increases your odds. Only 17% of those we surveyed indicated that they were risk free.

The MDSP program will continue through next year. If you would like to help spread the word on the risk factors of diabetes and the free diagnostic testing provided through Medicare, contact Patti Cameron at patti@landofsky.org.

SCP

Senior Companion Program

The Senior Companion Program brings together volunteers age 55 and over with adults in their community who have difficulty with the simple task of day-to-day living. Companions help out on a personal level by assisting with shopping and light chores, interacting with doctors, or just making a friendly visit.

FGP

Foster Grandparent Program

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

SCP

Changes in the Senior Companion Program Manager Position

Welcome to Vicki Jennings as the new Senior Companion Program (SCP) Manager in Volunteer Services Department. Even though she is new to the SCP, Vicki is not new to Land-of-Sky Regional Council. She spent two years working with Patti Cameron in the Retired and Senior Volunteer Program (RSVP) before moving to Workforce Development in 2011. When SCP Manager Tracy Ash left to take another position, Vicki jumped at the chance to come back to work with senior adult volunteers.

"I missed working with the seniors," she said. "I'm so happy to be back in Volunteer Services. This is a great opportunity, and I can't wait to get started and work with the Senior Companions."

Vicki has a varied history of working with volunteers and different age groups. Prior to coming to LOSRC, Vicki worked with preschoolers and their families, and, most recently, with at-risk teens through Workforce Development. Now, she is bringing her passion and expertise to the Senior Companion Program.

Best wishes to Tracy Ash, former Senior Companion Program Manager. Tracy recently moved to Wilmington, NC, to be closer to her family. Since 2012, Tracy has worked at Land-of-Sky Regional Council in the Aging and Volunteer Services Department in a variety of positions. Her positive attitude and love for older adults will be missed.



Vicki Jennings



Tracy Ash

FGP

Two Foster Grandparents from Washington DC Highlighted on NBC's Making a Difference

We would like to introduce you to Percy Thomas and Dorothy Campbell, two amazing volunteers in Washington, DC's Foster Grandparent Program (FGP) whose service was profiled on October 19, 2012 NBC Nightly News' Making a Difference edition. FGP is part of Senior Corps, a program that connects today's 55+ with the people and organizations to give back to their communities and their nation. Mr. Thomas and Ms. Campbell are among the 28,000 FGP volunteers nationwide who work with children and young people in schools and other community centers. Last year, volunteers age 55 and over contributed 24 million hours and served 232,200 young people across the country.

Mr. Thomas, or "Grandpa Thomas" as the students at Miner Elementary School call him, sums up his service, which begins early each morning. "I paid my dues. I take the things that I learned through life and give it back to somebody. If I didn't do that, I'd be home watching TV all day long. This is my family."

Tyrenea Sharpe, the teacher of the class for which Grandpa Thomas volunteers, told NBC, "There is something about a grandparent that you just can't explain. It's that nurturing spirit. And the children, they feel that." To hear from the students who benefit from Grandpa Thomas' service and meet the young woman whom Ms. Campbell has mentored for nearly 11 years, visit <http://www.msnbc.msn.com/id/40153870/vp/49483652#49483652>.



Grandpa Thomas with a few of the students

Locally, Land-of-Sky Regional Council's Foster Grandparent Program is funded for 76 volunteers serving over 25 Elementary Schools, Head Start Programs and non-profit daycare centers within our region. If you're interested in Senior Corps programs or know someone who might be, visit seniorcorps.gov or call Stacy Friesland at 251-6622.

RSVP

Retired and Senior Volunteer Program

The Retired and Senior Volunteer Program connects volunteers age 55 and over with service opportunities in their communities that match their skills and availability. From building houses to immunizing children, from enhancing the capacity of non-profit organizations to improving and protecting the environment, RSVP volunteers make a difference.

VS

Volunteer Services Funding

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

RSVP

RSVP Volunteer Opportunities

Did you know that RSVP has over 600 volunteer opportunities available with 120 partnering agencies in our four county region? Check out all our opportunities at the RSVP website at www.landofskyrsvp.org. Below is a sample of some of our current needs.

Help others find employment! Workforce Development at AB-Tech is currently in need of an office volunteer two days a week to assist with the front desk and light administrative duties.

Do you speak another language? Asheville Area Habitat for Humanity is in need of an Interpreter for family services especially Spanish and Slavic languages (including Russian, Ukrainian, and Moldovan). They are also in need of computer proficient, people-friendly individuals to serve as office administrative support.

AARP Driver Safety Program: Want to help our aging population sharpen their driving skills? AARP is seeking instructors in your community.

eBay Coordinator: Silvermont Opportunity Center and Tiger Town Thrift Store in Brevard are in need of computer savvy individual to coordinate donations on eBay.

Tax time is just around the corner: Tax-Aid Volunteers are needed in both Henderson and Buncombe Counties.

ScriptFest is a program of the Southern Appalachian Repertory Theater (SART) in Mars Hill celebrating our countries rich history of theater. Throughout the year, playwrights from across the country are encouraged to enter their plays into consideration to be selected by SART to be fully produced during their summer season. For the new year, volunteers are needed to read and critique scripts for the competition along with an administrative coordinator to bring the whole process together successfully each year. You don't need to live in Mars Hill as much of the work is done from the comfort of your own home.

RSVP

RSVP Announces Information Sessions

Are you interested in learning more about volunteering in your community? RSVP is here to point you in the right direction. Find out how by attending one of our monthly information session held at Osher Lifelong Learning Institute (OLLI) on the campus of UNCA at the Reuter Center. To reserve your seat, contact RSVP Coordinator, Patti Cameron.

Nov 6, 11:30 am - 1:30 pm, Room 207

Topic: Volunteering to Support Veterans

Join us at our November Information Session as we address the issue of Veterans. We will have guest speakers from area non-profits that offer volunteer opportunities that directly support veterans in our community.

December: No sessions schedule. Happy Holidays!

Jan 29, 9 am - 11 am, Room 206

Topic: Volunteering to Support At-Risk Seniors

Join us at our January Information Session as we discover the many on-going volunteer programs in our community that help support at-risk seniors.

RSVP

Transylvania County: RSVP Volunteer Center's New Schedule

In May of 2012, RSVP launched its first Volunteer Center at Silvermont Opportunity Center in Brevard. Since that time, our team of dedicated and trained volunteers has been available at the center to assist walk-ins with skills assessments and volunteer placements. Thus far, we have been successful in raising awareness of volunteer opportunities in Transylvania County and placement of volunteers.

In an effort to focus our resources, the RSVP Volunteer center will be moving to a new schedule. Starting in November, we will be open the third Thursday of each month from 12 noon to 4 pm. Our new winter schedule is November 15, December closed for the holidays, January 17, and February 21. Drop by and check us out!



November

1-30 National Family Caregiver Month



Calendar of Events

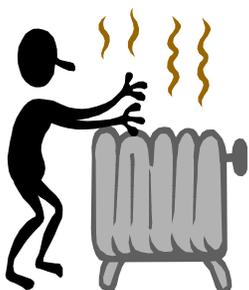
- 9 **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 8:30 - 10 am
- 9 **Fun Friday for Family Caregivers**, see page 1
- 10 **Living Healthy with Diabetes begins**, Asheville Bethel Seventh Day Adventist Church, 3 - 5:30 pm, contact Rebecca Chaplin at 251-7438 for more information
- 12 **Veterans Day Observation**, Land-of-Sky Offices **CLOSED**
- 13 **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 13 **Caregiver Support Program Advisory Committee Meeting**, LOSRC, 11:30 am - 1 pm
- 14 **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 14 **CRC Leadership Team Meeting**, LOSRC, 10:30 am - 12 pm
- 15 **Matter of Balance Coach Meeting**, LOSRC, 11:30 am - 2 pm
- 19 **TRIAD of Buncombe County Meeting**, LOSRC, 2:30 - 4 pm
- 22-23 **Thanksgiving Holidays**, Land-of-Sky Offices **CLOSED**

December

- 6 **Buncombe County ACC Meeting**, LOSRC, 2 - 3:30 pm
- 13 **Senior Volunteer Services Advisory Council Meeting**, LOSRC, 2 - 4 pm
- 14 **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 8:30 - 10 am
- 17 **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 18 **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 24-26 **Christmas Holidays**, Land-of-Sky Offices **CLOSED**

January

- 1 **New Year's Day**, Land-of-Sky Offices **CLOSED**
- 9 **CRC Leadership Team Meeting**, LOSRC, 10:30 am - 12 pm
- 10 **Aging Advisory Council Meeting**, LOSRC, 9:30 - 11 am
- 11 **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 8:30 - 10 am
- 12 **Living Healthy with a Chronic Condition begins**, Unitarian Universalist Congregation of Asheville, 3 - 5:30 pm, first spaces will be for congregation, contact Rebecca Chaplin at 251-7438 for more information
- 14 **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 15 **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 15,17 **Ombudsman CAC Orientation**, LOSRC, see page 7
- 18 **NC Respite Coalition Meeting**, LOSRC, 11 am - 2 pm. For more information contact Jane MacLeod at 919-740-6605 or email jane.macleod@nc.eastersealsucp.com
- 21 **Martin Luther King, Jr's Birthday**, Land-of-Sky Offices **CLOSED**
- 22 **Senior Companion & Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm



Need assistance heating your home this winter?

Apply for Low Income Energy Assistance Program funds (LIEAP). LIEAP funds help households that are vulnerable due to heating costs and who pay a separate heating bill.

Applications Dates: December 3 through January 31 - Households must include a person who is age 60 and older OR disabled and working with Adult Services. **February 1 through March 31** - All other households as long as funds are still available.

Apply at Eblen Charities, Westgate Shopping Plaza in Asheville, or call 828-255-3066. Ask about income requirements.



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Website: www.landofsky.org



We would like to hear what you think of the new Aging and Volunteer Services Newsletter. Contact Christina at 251-6622 or email christina@landofsky.org.

Please recycle this newsletter!



Aging and Volunteer Services

Serving Buncombe, Henderson, Madison, and Transylvania Counties

Vol I - Issue 4: November 2012 - January 2013



Aging and Volunteer Services Staff

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Brenda Delacruz - Aging and Volunteer Services Project Assistant



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Carol McLimans - Family Caregiver Resource Specialist
Christina Giles - AAA Project Assistant, Newsletter Layout & Design
Jennifer Atkinson - SCSEP Coordinator
Lee Ann Smith - Regional Ombudsman
Linda Kendall Fields - Buncombe County Aging Plan
Pat Hilgendorf - Caregiver Program Associate
Rebecca Chaplin - Aging Programs Specialist - HPDP and Senior Center
Shanaia Powell - Aging and Volunteer Services Coordinator
Sherry Christenson - Aging Programs Specialist - Contracts and ARMS
Terry Collins - Regional Ombudsman



Volunteer Services Staff

Patti Cameron - RSVP Coordinator
Stacy Friesland - FGP Manager
Vicki Jennings - SCP Manager



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