

AGING AND VOLUNTEER SERVICES

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



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Changes at Land of Sky Regional Council

"The times they are a changing." So is our Land of Sky Regional Council. Last October, Joe McKinney, our previous Executive Director, was selected to serve as Executive Director of the National Association of Development Organizations (NADO) in Washington, D.C. Joe was only the second Executive Director we've had in the last 40 years. A search committee made up of current Council Members reviewed over 50 applications from candidates who were very interested in the position. After a lengthy vetting process, a round of interviews, and numerous conversations, the committee recommended Justin Hembree. In early August, the Executive Committee voted unanimously to hire Justin as our new Executive Director.

Justin will have his hands full as he helps guide the Council through a period of substantial change. The Executive Board has expressed a desire to get back to our roots by working closer with our member governments to make sure we are meeting their needs with value added projects and products. We are also just beginning a rebranding campaign which has two major goals: first, we want to ensure that those who need our services have a better understanding of what we offer as well as how they can get our support; second, we want to promote our organization more within the region so everyone has a better understanding of how Land of Sky Regional Council adds value to our community.



Justin Hembree

Other changes are happening at Land of Sky. A new mission statement was revealed at the recent Annual Celebration: *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.* Also presented at the event was our Annual Report: www.landofsky.org/pdf/Admin/Annual_Report_2013.pdf. Do take time to read about staff accomplishments and program achievements over the past year. We hope you've noticed our new logo. The prior logo consisting of four blue mountains has been replaced with a new design and new colors.

Change is occurring specifically in the Aging and Volunteer Services Department as well. John Connell is the new Senior Community Service Employment Program Coordinator replaces Jennifer Atkinson who retired recently. Read more about John on page 4.

As plans are made for the new year, staff desires to have a refreshed focus on you, our customer. Great customer service happens when expectations are exceeded. To deliver great customer service, we must understand the needs of our customers and adapt to improve the way those needs are met. Our goal is to do just that....each and every day.

A festive holiday greeting graphic with a teal background. On the left is a cream-colored, scalloped-edged banner with a red ribbon at the top and a red bird at the bottom. The banner contains the text "HAPPY Holidays!". To the right of the banner, the text reads: "WISHING YOU A PLEASANT HOLIDAYS AND A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR! From the Aging and Volunteer Services Staff: LeeAnne Tucker, Barbara Hinshaw, Carol McLlmsan, Christina Giles, Heidi Kimsey, Janice Payne, John Connell, Linda Kendall Fields, Nancy Hogan, Pat Hilgendorf, Patti Cameron, Rebecca Chaplin, Ruth Price, Sherry Christenson, Stacy Friesland, Terry Collins, Vicki Jennings, and Wilhelmenia Pledger." There are three small red birds scattered around the text.

AREA AGENCY ON AGING

HCCBG Home and Community Care Block Grant

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.

PC Remembering Len Erker

Beloved Project C.A.R.E. Director of Respite, Leonard "Len" Erker, passed away on August 10, 2013 after a battle with cancer. Len served as Project C.A.R.E.'s first Family Consultant. He worked closely with former AAA Director Joe Connolly, who along with Long Term Care Ombudsman Barbara Hinshaw and others wrote the grant that launched Project C.A.R.E. in Western North Carolina in 2000. From the day Len began his work as Project C.A.R.E.'s first Family Consultant until he passed away, Len was a key player in the expansion of Project C.A.R.E. services from a handful of counties, most in WNC, to serving many counties across the state. He was a man of vision and passion who never stopped caring about the needs of dementia caregivers in our State.

In remembrance of Len and his contributions, a memorial fund has been established to assist his large family. Len left behind his wife of 25 years, Nancy Fargo, and nine children, eight of whom were born outside the U.S. Len and Nancy adopted these children and brought them home to the Asheville area from China, Haiti, Ethiopia, and Vietnam. Contributions to the Len Erker Funds are being collected by TD Bank, 335 New Leicester Highway, Asheville, NC 28806.



The long-hoped for expansion of program services to all 100 North Carolina counties is now underway for Project C.A.R.E. While the budget did not include respite funding for dementia caregivers as it has done for the past twelve years, the state is funding Project C.A.R.E.'s other services for dementia caregivers which include assistance, education, information, and referrals to other resources.

Heidi Kimsey and Wilhelmenia Pledger are serving as NC REACH Intervention Specialists. NC REACH (Resources for Enhancing Alzheimer Caregiver Health) is a federally-funded program that provides more intensive assistance to individual dementia caregivers. Wilhelmenia is serving in this role through December 2013 and Heidi through the end of June 2014. Nancy Hogan is serving as Project C.A.R.E.'s Family Consultant for 35 WNC counties while two other Family Consultants are covering Central and Eastern North Carolina. For more information, contact Nancy at 251-7485.

FCSP New Singing Group for People with Dementia and their Families

Jane Sherman, Family Caregiver Support Program Advisory Committee member and Alzheimer's Disease advocate, spearheaded the effort to bring singing groups for people with dementia and their families to Western North Carolina. She just returned from a visit to Scotland where she was able to see some groups in action and is excited about this new opportunity for people with memory loss and their families. "Side by Side" singing will be held in Asheville from 1 to 3 pm at the Unitarian Universalist Congregation on the first four Fridays in November. This gathering will include refreshments and socializing with singing led by Debbie Nordeen, Director of Womansong.

Jane was also instrumental in the development of Memory Cafes for people with early memory loss in this region and facilitates the Memory Care Collaborative's support groups for people with early memory loss. She may be reached at 845-641-4680 or janeshermanllc@mac.com. See our calendar for Memory Cafes dates.

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.

Who are the caregivers? They are unpaid individuals involved in assisting someone who is unable to perform certain activities on his or her own. The caregiver is often a spouse, significant other, adult child, or other family member, friend or neighbor.

A family caregiver may be a parent, spouse, adult child, or friend who is responsible for the daily needs of another person. They balance the needs of a loved one while trying to take care of the rest of their family and themselves, plus work, volunteer, or go to school. Becoming a family caregiver can happen suddenly. A severely handicapped child is born, a spouse has a stroke, a diagnosis is given, or parents can no longer take care of themselves. Unplanned, it is a stressful occasion.

Caregiving consists of two parts. One part is the medically related situations that require immediate attention. The other part is the issues that arise daily and do not have an end. These are the day-to-day assistance needed by someone: monitoring medications, stocking groceries, and paying the other person's bills. All this is being done in addition to everything else the caregivers are already doing in their own life.

You know family caregivers even if you don't realize it. They don't advertise their situation; it's just part of their lives. You stand in line next to them in the store, sit by them at the high school football game, or next to them in church. They are your neighbors, coworkers, and friends. Don't shy away from them. Being a family caregiver is not contagious, and neither is the life situation that has made them a caregiver.

If you know a person who is a caregiver, lend them a hand by offering to help with specific tasks. Let them know you are able to help by picking up the groceries for their housebound parent, supplying a monthly dinner to the caregiver's family, being available to help in an emergency (remember, these caregivers are often juggling numerous family duties) or sometimes more importantly, lending an ear or shoulder to cry on when needed. A friendly phone call, e-mail, or greeting card can make a difference in a caregiver's day.

National Family Caregivers Month is a time to reflect on the compassion and dedication that family caregivers embody every day. As we offer our appreciation and admiration for their difficult work, let us also extend our own offers of support to them and their loved ones.

How much support do caregivers provide?

The Family Caregiver Alliance cited these statistics (based on the U.S. adult population):

- 65.7 million or 29% provides care to someone who is ill, disabled, or aged.
- Average age of caregivers is 49.2.
- Caregiver services were valued at \$450 billion per year in 2009.
- Unpaid family caregivers will likely continue to be the largest source of long-term care services in the U.S. as the aging population 65+ will more than double between the years 2000-2030, increasing to 71.5 million from 35.1 million in 2000.
- 66% of caregivers are women.
- 34% cares for two or more people.
- Female caregivers are more likely to suffer from high stress due to caregiving (35% vs. 25% for men).
- The number of caregiving hours increases with the age of the caregiver.
- Caring for a spouse is the most commonly reported care situation for those over age 75, but 20% care for a friend or non-relative, 20% for a parent and 18% for a sibling.
- 64%-74% of caregivers were employed at some point while providing care.
- 70% of working caregivers suffer work-related difficulties due to their caregiving role.
- Caregivers spend ~20.4 hours per week providing care.
- Caregivers of persons with Alzheimer's Disease or dementia provide care 1-4 years more than those caring for someone with another illness or disability.
- The average duration is 4.6 years.
- The majority of caregivers live within 20 min. of the recipient.
- 17% of caregivers feel their health in general has gotten worse as a result of caregiving.

SCSEP**Senior Community Services Employment Program**

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

HPDP**Health Promotion and Disease Prevention**

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

HPDP**Active Aging Week 2013**

The sixth annual regional active aging week was a sweet success! Over 1,000 people attended events in Buncombe, Madison, Henderson and Transylvania Counties. This year's included favorites from yesteryear such as the Wellness Expo and Fit After 50 Day at the Neighborhood Y in Woodfin and new events with the intention of stimulating the mind, body and spirit such as the Intergenerational Wisdom Film Festival, Soiree! Dance Party, Behind the Scenes Tour of the Flat Rock Playhouse and more.

Thanks to the planning committee and sponsors that make Active Aging Week possible!

Planning committee: Asheville Movement Center, Care Partners, Carolina Village, Council on Aging of Buncombe County, HAPI Lab at UNCA, Highland Farms Retirement Community, Land of Sky AAA, Madison County Health Department, Opportunity House, Park Ridge Health, Silvermont Opportunity Center, and WCCA.

Sponsors: Carolina Village, Mission Health, CarePartners, The Center for Healthy Aging, and WNC Woman Magazine



Madison County Health Consortium partnered with Madison County Farm Bureau to host the Healthy Living For a Lifetime event that offered free health screenings to the community.



The Soiree! Dance Party included music, string balancing act (pictured), a dog show and much more! Picture compliments of Ron Morecraft

SCSEP**New SCSEP Coordinator**

With the retirement of Jennifer Atkinson in early September, John Connell was named as the new Senior Community Service Employment Program (SCSEP) Coordinator at Land of Sky Regional Council. Although new to the Aging and Volunteer Services Department, John has been employed at LOSRC since 2005 in the Local Government Services Department, working primarily in the areas of housing and community development.

John is a graduate of Appalachian State University and has lived in the High Country and WNC since 1981. He enjoys traveling, hiking, and Mountaineer football (most years).

**Henderson County Active Aging Week Events**

"I thought you all did a splendid job on activities this year. Not only were they suitable for my age, but it was great to see the slightly young group who attended." Flat Rock Playhouse event "Lynn Penny and her assistant did a great job of taking us to the main home, the excellent education building, the props place and the main stage--took almost all of 2 hours" Marian Lowry

PC**Congratulations Wilhelmenia**

Wilhelmenia Pledger will retire on December 31 after 12 years with Project C.A.R.E. Wilhelmenia worked with caregivers in Forsyth, Stokes, Surry, and Yadkin counties. We thank her for her faithful service to caregivers in Western North Carolina.



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.

The North Carolina Senior Tar Heel Legislature (NCSTHL) inducted LinDa Campbell and Kathe Harris as new Senior Tar Heel Legislative representatives for our region. LinDa will serve as a Madison County Delegate and Kathe will serve as a Transylvania County Alternate.

The NCSTHL heard from state leaders during the final meeting for 2013. In addition, the group also chose a new resolution to add to its current four that are sent to the North Carolina General Assembly for consideration. The group also elected new executive officers and celebrated the outgoing Speaker.

The final report for the year came from Dennis Streets, Director of the North Carolina Division of Aging and Adult Services (DAAS). Mr. Streets offered encouraging words to the group and thanked everyone for their service stating "the difference that you have made since 1992 is immeasurable." He also explained how the federal government "shutdown" will impact DAAS. "This reaches down into each of our communities," explained Streets, "many of our services are dependent on federal funds, and the hard part is to decide what will be affected." Streets stated that he is working to keep advocates as well as service providers posted on current and correct information as he receives it.



L-R: Madison County Delegate LinDa Campbell and Transylvania County Alternate Kathe Harris

There was a silver lining during Mr. Streets' update. A NCSTHL priority, Drug Testing for Long-Term Care Applicants and Employees – Senate Bill 542, has been signed into law. This has been a priority for the Senior Tar Heels for several years. The act will require long-term care facilities to require applicants for employment and certain employees to submit to drug testing for controlled substances. The resolutions committee chose Ratio of Certified Nursing Assistants (CNAs) to Resident's in Nursing Homes to complete its five priorities. This new priority focuses on quality of care in nursing homes. Studies show that facilities with a higher CNA staffing ratio have fewer health care deficiencies, lower hospitalization rates, and fewer government cited deficiencies. The health and safety of resident's are compromised when the facility is understaffed. Residents are at a higher risk of receiving poor care and being victims of abuse when the staff is unable to respond adequately to patient needs. The NCSTHL urges the NC General Assembly to mandate an increase in the standardized hours per patient daily (HPPD) thereby requiring a higher CNA staffing ratio be established to ensure a better quality of care for residents in nursing homes.

The 2014 legislative priorities for the STHL include:

- Maintain funding for senior centers;
- Restore funding to sustain Project C.A.R.E.;
- Strengthen and fund North Carolina's Adult Protective Services Program;
- Recurring funds of at least \$7 million for the Home and Community Care Block Grant; and
- Ratio of Certified Nursing Assistants (CNAs) to Resident's in Nursing Homes.

For more details on the NCSTHL priorities or information on the Senior Tar Heel Legislature visit www.ncsthl.org.

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.

HPDP A Spotlight in The Journal on Active Aging

Rebecca Chaplin, Aging Program Specialist, was spotlighted in the September/October 2013 The Journal on Active Aging. In the article, "Building a wellness team: what skills to look for and how to promote engagement," Rebecca states, "My personal mission and vision is to see people getting healthier as they age." She goes on to share her best practices for building relationships and strengthening the sense of community while producing an active and effective team. Rebecca currently chairs the WNC Fall Prevention Coalition, LGBT Elder Advocates of WNC, and Active Aging Week Planning Committee.



LTCOP How to Answer Those Tough Questions About Elder Abuse

Why does elder abuse remain such as invisible problem? Like other forms of interpersonal violence, elder abuse usually occurs behind closed doors. Many victims are reluctant to report abuse because they may:

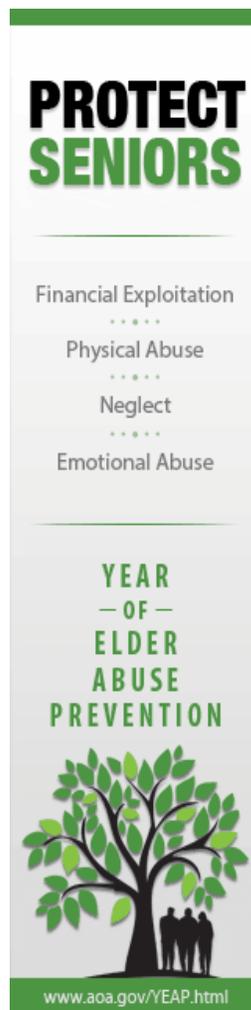
- Feel ashamed and embarrassed, particularly if a family member is the abuser
- Be afraid that the abuser will get in trouble
- Worry that they will be forced to live in a nursing home – and this sometimes happens
- Feel guilty or somehow to blame
- Be in denial that the abuse is occurring, or unaware that what they are experiencing is abuse or neglect
- Be afraid that if they report, the abuse will get worse
- Some victims are unable to speak out due to dementia or other impairments, or may not be believed when they do.

Although this theory hasn't been fully researched, there are indications that a culture of ageism and a fear of growing old may keep older people marginalized and undervalued in our society, hence their problems remain invisible or are viewed as unimportant.

Aren't some people required by law to report? Each state has its own reporting requirements. North Carolina was one of the first states to develop a protective services program to address the needs of older and disabled adults who had been abused, neglected, and exploited. The law was passed in 1975. NC General Statute 108A-102 assures that every resident of North Carolina has a duty to report. "Any person having reasonable cause to believe that a disabled adult is in need of protective services shall report such information to the director." The director refers to the county director of the Department of Social Services (DSS). Reports will be investigated by the Adult Protective Services section within the county DSS.

Unfortunately, many reporters may not make reports, as they:

- May not receive training and education to accurately distinguish the signs of "normal" aging from elder abuse or neglect
- May be in denial about the prevalence of elder abuse, and therefore not look for or identify suspicious activities or symptoms.



LTCOP Long-Term Care Ombudsman Program

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

CAC Community Advisory Committee Member

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

CAC Mayflower Senior Care Wins 2013 Family Care Home Grant

In early June, the Buncombe County Adult Care Home Community Advisory Committee selected Mayflower Senior Care as the winner of this year's Family Care Home Activity Grant. In late August, residents, staff and other family members traveled to Lake Lure for a Box Lunch Cruise. "We had a ball!" said Evet Trantham, the owner of this family care home in Weaverville. "The weather was beautiful. There was a reason we waited until late August to go." Residents ranged in age from 70 to 100 and the boat was completely handicapped accessible. Residents boarded a pontoon boat and had lunch on board while a guide toured them around the lake. They learned the history of each cove and where "Dirty Dancing" and "The Last of the Mohicans" was filmed. Another movie was in process of being filmed, but the name of the movie couldn't be shared with the group until the movie is released. I wonder what it was?



CAC Buncombe County Nursing Home CAC Members Focus

Every quarter, the Community Advisory Committee (CAC) Executive Committee chooses to focus on an issue that several residents have identified as significant to their rights. As the CAC members complete their facility visits, they ask the staff and residents how the facility is addressing this concern. Last quarter the committee identified fall prevention as their focus. For several years, the use of bed and chair alarms was thought to prevent falls. When a resident was at high risk for falling, an alarm was set to sound when the at-risk person began to get up. This was to alert the staff so they could get to the resident before a fall occurred.

Recent research has shown that one of the primary reasons that people fall is because of a noisy environment. The alarms were actually contributing to falls rather than preventing them. Current best practices are moving away from alarms and to Root Cause Analysis which means understanding why an individual falls in the first place. The circumstances of a fall are studied immediately checking for such things as lighting and noting the time of day or night as well as listening carefully to the resident's comments about what they were doing prior to the fall. This approach is showing improvements in decreasing falls. It is, however, not always easy for family members or staff to accept these changes because for a long time alarms were touted as the path to prevention. In Buncombe County, the CACs are helping family members, residents, and staff understand the value of this new approach. For more details about this you can go to www.stratishealth.org/documents/TR_Effective_Fall_Prevention_20120424.pdf.

I have been a full time caregiver for my mother, in my home, since March 2008. I discovered Project C.A.R.E. last year. **I have never been so thankful!** I know several baby boomers who care full-time for aging parents. It is extraordinarily difficult on us physically and emotionally. We have no social lives. We for the most part have no lives other than caring for these people. **This program allows us to take a break, to just take a breath** and allows us a small sense of normalcy. In so doing, you are saving sanity and perhaps lives. -Judith (Marshall, Madison County)

Project C.A.R.E.'s respite funding is now quite limited.

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

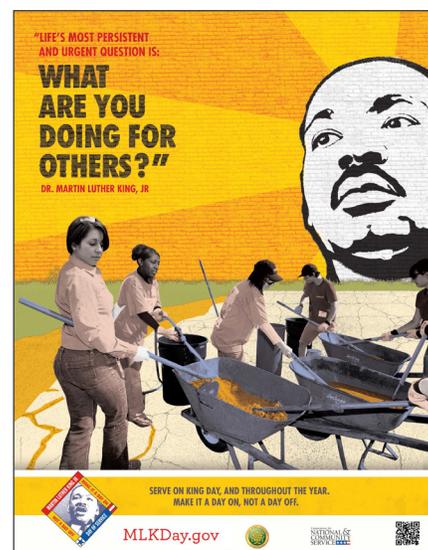
The Senior Companion Program brings together volunteers age 55 and over with adults in their community who have difficulty with the simple task of day-to-day living. Companions help out on a personal level by assisting with shopping and light chores, interacting with doctors, or just making a friendly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

VS 2014 MLK National Day of Service

January 20, 2014 will mark the Rev. Dr. Martin Luther King, Jr. federal holiday. This milestone is a perfect opportunity for Americans to honor Dr. King's legacy through service. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a beloved community.

After a long struggle, legislation was signed in 1983 creating a federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr. In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service – a "day on, not a day off." The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems.

Join us as we celebrate the life and times of Dr. Martin Luther King Jr. through service on Monday, January 20 from 9 am- 12 noon right here at the Land of Sky Regional Council. We are partnering with the United Way's Hands On Asheville-Buncombe to create a fun day of hands on volunteer projects open to all ages and abilities. All you need is a good attitude, willingness to give back, and a fun spirit. Stayed tuned for more information.



RSVP

Donation Needed of Yarn & New Tube Socks!

RSVP is in need of more yarn for Operation Toasty Toes. All types of yarn are welcome old or new. We are also in need of new clean tube socks (any color). The socks will be made into doggie chew toys at our MLK National Day of Service and donated to local animal shelters one of just many projects. To donate please contact Patti Cameron at 251-6622 or patti@landofsky.org



"As a Director of high quality Early Education Program, I cannot say enough about the impact that the Foster Grandparent Program has made on our center and for our children and staff. There is not much better than to see a young child form an attachment with one of our older citizen when they have a hard time forming attachments due to their home situations. Our grandmas work one on one with children to accomplish what seems like simple goals but to some of our children they are very difficult. The kind words, the wonderful stories and the gentle hugs bring smiles to the children's faces and give the adults a time to reflect and put life into perspective. As I tell everyone... our Foster Grandparents are absolutely priceless to everyone that walks in to this center! This service that they provide does not stop when the children leave but carries on for many years to come when dealing with how they were helped to grow, feel about themselves and how they feel about the people that live in their world." Beth Westmoreland, AB Tech Early Education Center

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.

VS**International Volunteering with Habitat for Humanity**

International volunteering is an opportunity to gain a greater understanding of development issues and to learn more about another culture. This October, RSVP Coordinator Patti Cameron traveled to Guatemala to build houses through Habitat for Humanity Global Village Program. As part of a Global Village team of 13 volunteers, Patti helped build two simple concrete block homes for families in need and two smokeless stoves. She said it wasn't all work; there were a lot of good eats, sightseeing, and great friendships made.

Global Village teams work all over the world bring invaluable support to the communities they visit. It is easy to get involved and volunteers do not need prior building experience. If you have a sense of adventure, are in good health, and willing to work hard, you can be part of a Global Village team. As part of the Global Village, volunteers are more than tourists. They are welcomed into the community by hosts and introduced to the local culture as a guest. Volunteers work and laugh together, share stories, make friends. To learn more about volunteering through HGH Global Village, go to www.habitat.org/gv or call Habitat for Humanity International's Global Village Department at (800) 422-4828, ext. 7530.

SCP**Silvermont Names "Person of the Month"**

Senior Companion Volunteer Jackie Henderson was named "Person of the Month" for the Silvermont Opportunity Center for November. Jackie recently relocated to Brevard from Henderson County and was looking for opportunities to work with the senior adults in the area. The Lunch Plus program seemed like the perfect fit!

"She is an invaluable addition," said Alice Taylor, director. "I have really come to depend on her."



Jackie has been a senior companion with Land of Sky for the past six years, serving for a period of time at Pardee Pavilion and in private homes in Henderson County. At Silvermont, she spends her time interacting with the participants in the Lunch Plus program and building relationships with seniors who need just a little additional help to stay independent in their homes.

Congratulations, Jackie!

We are extremely grateful for our Senior Companions! They touch lives in such an important and positive way. Robert Anderson with KOALA



Clockwise: Team building the new home; the old living space; and family photo of new homeowners

RSVP**RSVP's Refer-A-Friend**

One of the best ways to recruit new volunteers is through word of mouth. Some of our best recruiters are RSVP volunteers themselves. We would like to congratulate Art Aaronson of Buncombe County for referring Deloyce Wright-Porrata to RSVP. There is a \$50 Visa gift card in the mail for you!

VS

Volunteer Services Funding

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

SC

Senior Corps

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

VS

Another Great Wellness Expo

Land of Sky’s Volunteer Services Department hosted the 7th Annual Wellness Expo at Biltmore Square Mall on September 23. More than 80 nonprofit organizations and businesses throughout the region gave information on a range of issues including nutrition, community services, volunteerism, and other health and wellness-related topics. Close to 500 visitors participated in the Expo and had the opportunity to get their flu shot and take advantage of several different screenings, such as balance screenings to help prevent falls.



“We’re very happy with the turn-out and the variety of information that’s being presented,” said Stacy Friesland, Foster Grandparent Program Manager for Land of Sky. “Our goal is to make sure our seniors have the information they need to lead healthy, active lifestyles, and I think we achieved that today.”

VS

9/11 Day of Service

Land of Sky Regional Council combined 9/11 National Day of Service with the United Way’s Day of Caring to create a project to show appreciation to our NC troops aptly titled, “Operation: Thank You.” Our Volunteer Services Department partnered with local AmeriCorps VISTA, Two Men and Truck, and Operation North State to make the event possible. Staff, volunteers, and community members donated items such as soap, toothpaste, toothbrushes, deodorant and Texas Pete Hot Sauce. Walgreens also got involved by asking their customers to donate candy and chocolate bars. All items collected will be made into Holiday Care-Packages and sent to NC Troops abroad by Operation North State. The Land-of-Sky collection of over 500 items alongside the thousands of candies donated through Walgreens will ensure that Tar Heel soldiers have a special holiday.

Due to the overwhelming volume of donations, Terry Synder with Operation North State made a special trip to the mountain to thank Land of Sky Regional Council and Walgreen for their efforts. WLOS-TV was on the scene to interview Terry where he shared his agencies goal of delivering fifteen hundred care-packages this holiday season. He also encouraged folks to contact them to recommend a deployed NC Troops to receive a package. Recommendation can be made on line at www.operationnorthstate.com/recommend-a-recipient



Top to bottom:
NC Troops receive packages from Operation: Thank You; FGP volunteer Dorothy Oglesby making a donation; and Vicki Jennings at Walgreens packaging the donated items

CALENDAR OF MEETINGS & EVENTS

November

- 1-30 **National Family Caregiver Month**
- 12 **Fall Prevention Advisory Board***, LOS, 9 - 10 am
- 12 **Caregiver Support Program Advisory Committee Meeting**, Council on Aging for Henderson County, 11:30 am - 1:30 pm
- 12 **Foster Grandparent and Senior Companion Volunteers In-Service**, LOS, 9 am - 1 pm
- 13 **Community Resource Connections Meeting**, LOS, 10 - 11:30 am
- 13 **Henderson County NH/ACH CAC Meeting**, Hendersonville, 2 pm
- 15 **Buncombe County Adult Care Home (ACH) CAC Meeting**, LOS, 9 - 10:30 am
- 18 **TRIAD of Buncombe County Meeting**, LOS, 2:30 - 3:30 pm
- 19 **Living Healthy Advisory Board Meeting***, LOS, 11 am - 1 pm
- 22 **"New Policies and Procedures for Adult/Family Care Homes" CEU Class**, LOS, 8:30 am - 1:30 pm. For more information contact Barbara Hinshaw at 251.6622.
- 26 **WNC Fall Prevention Coalition Meeting**, LOS, 11:30 am - 1 pm
- 28-29 **Thanksgiving Holidays**, Land of Sky Offices **CLOSED**

December

- 2 **LGBT Elder Advocates***, LOS, 2:30 - 4 pm
- 6 **Financial Exploitation Summit Meeting**, LOS, 10:30 - 12 noon
- 6 **Madison County NH/ACH CAC Meeting**, Location TBA, 2 pm
- 10 **Fall Prevention Advisory Board***, LOS, 9 - 10 am
- 11 **Community Resource Connections Meeting**, LOS, 10 - 11:30 am
- 11 **Henderson County NH/ACH CAC Meeting**, Hendersonville, 2 pm
- 12 **Volunteer Service Advisory Council**, LOS, 2 - 4 pm
- 13 **WNC Fall Prevention Coalition Subcommittee Meeting***, LOS, 9 - 10:30 am
- 16 **TRIAD of Buncombe County Meeting**, LOS, 2:30 - 3:30 pm
- 16 **Senior Companion Volunteers In-Service**, LOS, 9 am - 1 pm
- 17 **Foster Grandparent Volunteer Holiday Luncheon**, Calvary Baptist Church, 10 am - 2 pm
- 20 **Buncombe County ACH CAC Meeting**, LOS, 9 - 10:30 am
- 24-26 **Christmas Holidays**, Land of Sky Offices **CLOSED**

January 2014

- 1 **New Years Day**, Land of Sky Offices **CLOSED**
- 6 **Friends of LGBT Elder Advocates Meeting**, LOS, 2:30 - 4 pm
- 7-8 **Foster Grandparents Volunteers Physicals**, LOS, 8 am - 1 pm
- 8 **Community Resource Connections Meeting**, LOS, 10 - 11:30 am
- 8 **Henderson County NH/ACH Home CAC Meeting**, Hendersonville, 2 pm
- 9 **Aging Advisory Council Meeting**, Location TBA, 9:30 - 11 am
- 13 **Transylvania County NH/ACH CAC Meeting**, Brevard, 2 pm
- 13 **Living Healthy with a Chronic Condition begins**, CarePartners, 2 - 4:30 pm. Suggested consumer contribution is \$30 for the 6-week series. For more info or to register contact Rebecca at 251.7438.
- 13-14 **Senior Companion Volunteers Physicals**, LOS, 8 am - 1 pm
- 15 **Culture Change in Aging Network of Buncombe County (CCAN) Meeting**, LOS, 10:30 am - 12 pm
- 17 **Buncombe County ACH CAC Meeting**, LOS, 9 - 10:30 am
- 20 **Martin Luther King Jr.'s Birthday**, Land of Sky Offices **CLOSED**
- 20 **MLK National Day of Service**, see page
- 28 **WNC Fall Prevention Coalition Meeting**, LOS, 11:30 am - 1 pm

Special Calendar Notes

- **NH/ACH** - Nursing Home & Adult Care Home
- **Buncombe County Nursing Home CAC Meeting Schedule**, TBA, contact Ruth Price at 251.6622 for more info.
- *For existing committee members only

Memory Cafes in WNC

1st Mondays, 1 - 3 pm
Senior Resource Center of Haywood County, Waynesville
Contact: Suzanne Hendrix
828.452.2370
shendrix@mountainprojects.org

1st Wednesdays, 2 - 4 pm
Unitarian Universalist Congregation of Asheville
Contact: Rev. Lisa Bovee-Kemper 828.254.6001 x202
asstminister@uuasheville.org

3rd Thursdays, 1 - 3 pm
First Baptist Church of Asheville
Contact: Leah Brown
828.252.4781 lbrown@fbca.net

3rd Saturdays, 2 - 4 pm
Calvary Episcopal Church, Fletcher
Contact: Betty Robbins
828.684.6266
bettyrobbins@morrisbb.net

LAND OF SKY

REGIONAL COUNCIL

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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!



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AGING AND VOLUNTEER SERVICES

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

Vol 2 - Issue 4: November 2013 - January 2014



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Ruth Price - Regional Ombudsman
Sherry Christenson - Aging Programs Specialist - Contracts and ARMS
Stacy Friesland - Foster Grandparent Program Manager
Terry Collins - Regional Ombudsman
Vicki Jennings - Senior Companion Program Manager
Wilhelmenia Pledger - NC REACH Intervention Specialist, Project C.A.R.E.

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

