

Aging Together Connection



Our vision for aging is that citizens living in the Rappahannock Rapidan area retain their sense of place and community, serve and contribute to that community, and are assured of help when needed from family, friends, neighbors, and places of worship, as well as from helping organizations and a responsive government. All seniors are valued and are able to move smoothly through a continuum of care in a manner reflective of their needs and preferences.

Spring 2009

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Dear Kathi,

Happy Spring! By this time of year everyone is focused on the warm weather, fresh air, and the renewal of all that is Spring.

We invite you to peruse our newsletter and website www.agingtogether.org where you'll find information about services and resources related to senior issues.

March is Fall Prevention month. Please be cautious as you venture outside around the yard or start those indoor spring cleaning projects. Ask for help. Keeping your home uncluttered inside and out will make it an even safer place to live.

There are many upcoming events in all five counties, [Culpeper](#), [Fauquier](#), [Madison](#), [Orange](#), and [Rappahannock](#) including a Senior Prom, Legal Services Clinics, Community Seminar on Aging, and the Aging Together Annual Meeting.

The staff at Aging Together and contributors to the

Aging Together

Community Services
Board/Area Agency on
Aging

DayBreak Adult Day
HealthCare Center

SeniorNavigator

 Forward to a Friend

newsletter thank you for taking time to join us as we bring you the latest news and updated information.

Sincerely,
Kathi Walker and the Staff at Aging Together

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Fall Prevention

Did you know falls are the leading cause of death or injury in our aging population? Over 40% of nursing home admissions are due to falls that occur while seniors are performing everyday activities. Yes, falls do happen on stairs, ladders and uneven ground but most likely a fall will occur while walking to the kitchen for a morning snack. [Read more about Fall Prevention.](#)

Respond to Older Adults at Risk - ROAR Initiative

Aging Together Health & Wellness Committee hosts ROAR county meetings

We would all agree that it is important to protect vulnerable seniors from harm. Although many people are willing to help a friend, neighbor, or family member with routine activities such as going to the doctor or picking up prescriptions we may not recognize signs and symptoms of abuse and neglect, including self neglect in seniors. Have you ever questioned if your loved one was eating properly, had sufficient funds to pay their electric bills, or if he/she was bruised because they bumped the corner of the table or did someone hit them? Signs and Symptoms of abuse and neglect run the gamut from verbal abuse to financial exploitation, from sexual abuse by a family member to self neglect as a result of not taking medication as prescribed.

The Aging Together Health & Wellness committee is addressing some of these issues in a collaborative effort with first responders including police, sheriff, EMS, fire and rescue, and adult protective services. Stay tuned for more information from the Health & Wellness Committee about ROAR and other initiatives.



Members of Health & Wellness Regional Workgroup

Legal Services Clinics for Seniors and Family Caregivers

Aging Together and Rappahannock Legal Services are partnering to bring Legal Services Clinics to seniors and family caregivers. These clinics are possible due to the generous support of the ABA Commission on Law and Aging and the Albert and Elaine Borchard Foundation Center for Law and Aging Partnerships in Law & Aging Grant.

The two one-hour clinics will be held at Culpeper County Library on March 26th at 9:30 a.m. and May 5th at 4 p.m.



Legal Services Clinic for Seniors - March 26th at 9:30 a.m.
Legal Services Clinic for Family Caregivers - May 5th at 4:00 p.m.

FREE Marketing Opportunity Just a Click Away

In these difficult financial times why not take advantage of FREE marketing? [SeniorNavigator](#) is a state-wide database with resources for seniors. Many local businesses, service providers and civic clubs have valuable information just a click away. Visit the [SeniorNavigator](#) web site or call Aging Together at 540-829-6405 to learn how you can take advantage of this FREE opportunity.

Seniors, Caregivers and Adult Children of Seniors: There are many resources and services available at your fingertips. SeniorNavigator has listings for retirement communities, wellness and alternative health, social clubs, physician referrals and many others. If you do not have a computer you can access SeniorNavigator at any public library, where staff can help you find the web site: www.seniornavigator.org.



"I am happy to have my resources listed on SeniorNavigator. People who have lived in the area for years may not realize what services are available locally until they are needed. The link allows any interested party, whether it be family members, social workers, or the patient themselves to find exact details on what we have to offer."

Donna Mallory, Au.D. Culpeper Hearing Center, LLC

"Listing on SeniorNavigator is a terrific opportunity to present your services to its intended community." Fred Bishop, Roberts Home Medical

LIVING INDEPENDENTLY?

Someone will decide where you spend the rest of your life. Make sure it's you.



Talking to our parents about the assistance they may need to continue to live independently as they age can be difficult, but those talks are important. So is being prepared to meet their future needs, whether that's housing options, community resources, or caregiving help. [Read the highlights of AARP's study.](#)

Upcoming Events

Ø March 25th [Community Seminar on Aging: A Lifespan Look at Aging](#)

Sponsored by Aging Together and Congressman Eric Cantor

Time: 1:00 - 3:00 p.m. Location: Library of Congress, Culpeper Facility 19053 Mount Pony Road - Rt. 522 South.

Presented by: Dr. Ayn Welleford, MSG, Chair & Associate Professor for the Department of Gerontology at Virginia Commonwealth University.

Ø March 26th and May 5th [Legal Services Clinics for Seniors](#)

Sponsored by Aging Together and Rappahannock Legal Services

Time: 9:30 a.m. Location: Culpeper County Library; 4:00 p.m. on May 5th

Ø April 19th [Aging Together Annual Meeting](#)

Time: 9:30 a.m. Location: St. Stephen's Episcopal Church, Culpeper

Ø May 9th [Senior Prom](#)

Sponsored by Healthy Culpeper Senior Adult Committee and Regional Triad

Time: 2:00 - 5:00 p.m. Floyd T. Binns Middle School, Culpeper

[View Full Calendar of Events](#)

Thank You!

Once again, thank you for reading **Aging Together Connection**. Please use the "Forward email" link below to send this newsletter to a friend or business associate.

Feel free to submit suggestions for future topics and be sure to visit our web site for calendar of events, news, and resource information.

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www.agingtogether.org * info@agingtogether.org

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