

**From:** Kathi Walker Aging Together [kwalker@agingtogether.org]

**Sent:** Friday, July 10, 2009 3:06 PM

**To:** kwalker@agingtogether.org

**Subject:** Senior Transportation is Available

## 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.

### Summer 2009

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#### Dear Kathi,

In May 2006 Aging Together was awarded a \$750,000 grant from the Robert Wood Johnson Foundation to implement a community plan for improving long term care and supportive services for older adults and their families.

That partnership is in its fourth year of operation with an impressive list of accomplishments. Through its innovative structure of grassroots-level county teams combined with regional workgroups addressing broader issues the Aging Together partnership has supported collaborations that:

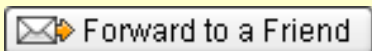
- Established DayBreak, a regional adult day healthcare center.
- Provided classes for family caregivers in all five counties
- Created VolTran, a volunteer transportation program in Fauquier County
- Started volunteer handyman services in two counties
- Created a region wide human services transportation planning process
- Hosted a regional senior citizen prom which included

## [Aging Together](#)

## [Community Services Board/Area Agency on Aging](#)

## [DayBreak Adult Day HealthCare Center](#)

## [SeniorNavigator](#)



door prizes, a king and queen and of course lively dancing.

- Expanded attorney skills and knowledge of elder law and access to legal services for seniors and caregivers

These are just a few examples of what the partnership has accomplished and of the incredible power of synergy: the whole is greater than the sum of its parts.

Sincerely,  
Kathi Walker  
Editor, Aging Together Connection

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## 1st Virginia Age Wave Forum

Virginia's first annual forum on age wave planning gathered in Charlottesville in May 2009 to share insights, data and best practices.

There aren't many social crises you can see bearing down on you 5 to 15 years before they arrive, but the age wave is one of them. We know that the over-65 population will double in Virginia to 1.8 million citizens by 2030, and we know that Baby Boomers have very different expectations of aging than members of the Silent Generation do. We also know that many local governments and community services organizations aren't prepared for what's coming. [Continue reading.](#)

## Culpeper Aging Together and Regional Triad Sponsor Senior Prom

### ***Seniors from all five counties dusted off their dancing shoes for an afternoon of fun.***

The Senior Prom was a great success with over 75 seniors attending. DJ Wayne Grimsley kept everyone moving to a variety of music that spanned the several decades. Seniors enjoyed refreshments and door prizes in addition to a complimentary photo and corsage. The event was made even more memorable when youth groups joined in the fun. Members of the Jr. Cotillion and JROTC danced with seniors and demonstrated their talents on the dance floor. A random drawing selected the Prom King and Queen, Frank Somers and Ruthie Partlow, who were outfitted with crowns and sashes. It was a delightful afternoon filled with laughter, fun, smiles, and fond memories.



## Aging Together county teams recently hosted annual Community Conversations on Aging

Select any link below to read more about Community Conversations on Aging.

[Culpeper](#)

[Madison](#)

[Orange](#)

[Rappahannock](#)

## Virginia's Diverse and Growing Older Population

by Qian Cai

Virginia's aging population is going to present many challenges because of a diversity of health and economic needs. But an increase in the elderly can also offer great potential for improving community life.

View this article in its entirety: [www.coopercenter.org/publications/vanewsletter/](http://www.coopercenter.org/publications/vanewsletter/)

## Transportation ***is*** Available

*Are you disabled? Are you sixty years or older?*

*Do You Need Transportation to healthcare appointments?*

If you answered "yes" to any of these questions then transportation ***is*** available for you.



**Care-A-Van** is available seven days a month in each county (Culpeper, Fauquier, Madison, Orange and Rappahannock). Making an appointment is easy - simply call one of the numbers below and we'll take care of the rest.

All volunteer drivers have been trained by Rappahannock Rapidan Community Services Board/Area Agency on Aging (RRCBSB/AAA) Transit Department and passed the mandatory volunteer screening.

The van is wheelchair accessible. However, if you need assistance after leaving the van, we ask that you have someone accompany you on the van. We need at least two business days notice to set up your transportation.

***There is no charge for the Care-A-Van service, but donations are gratefully accepted.***

Transportation depends on the availability of volunteers and we will let you know that we have found a volunteer to drive you. The van will be in your county the same days each month so schedule your appointments during that time.

### **Care-A-Van Schedule**

Rappahannock County 1st - 7th  
Madison County 8th - 14th  
Orange County 15th - 21st  
Culpeper County 22nd - 28th  
Fauquier County Monday - Friday\*

For more information call:

Judy Seale, RRCBSB/AAA - 540-825-3100 ext. 3013

Or

Lola Walker, RRCBSB/AAA - 540-825-3100 ext. 3358

RRCBSB/AAA, P.O. Box 1568, Culpeper, VA 22701

\* Fauquier County operates VolTran weekly Monday - Friday  
Please call 540/341-7993

## Caregiver Education and Support Workgroup Develops Caregiver Social Ministries:

### *Creating a Sanctuary of Compassion*

On May 27, eighteen church pastors and congregation members attended *Creating a Sanctuary of Compassion*, a special train-the-trainer workshop for social ministries visiting seniors and caregivers who are unable to attend church services. The event, hosted by Aging Together's Caregiver Education Workgroup, was designed to provide social ministries with useful tools to help family caregivers access needed resources. [Read full story.](#)

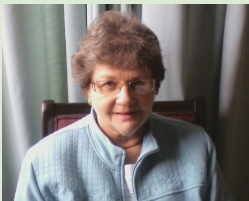


## Volunteerism is alive and well in your community!

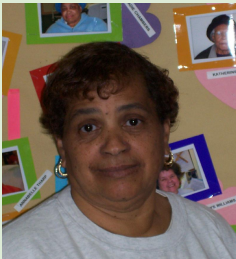
Aging Together recently conducted interviews with community volunteers. Here are some of their stories about why they volunteer.



[Ted Chapman, Rappahannock](#)



[Jane Clatterbuck, Madison](#)



[Josephine Minor, Culpeper](#)

AARP Award  
Photo

*Martha Stanley, Orange*

## Upcoming Events

Elder Law Continuing Education Seminars (July - October 2009)

Project 2025: Enhanced Access to Legal Assistance for Older Virginians. Five hours of approved CLE credit - FREE, One hour of ethics, GAL pending. Must accept pro bono referrals through Legal Aid. Topics: Nursing Home Transfer/Discharge Rights; Wills, Health Care Advance Directives, Powers of Attorney; Ethics. Click for [details](#) and [registration](#).

Mature Adult Vacation Bible School

On August 4-6, Reformation Lutheran Church will sponsor a Mature Adult Vacation Bible School for those 50 or better. The theme is "Healing." This will be a wonderful opportunity to grow in faith. Program includes free dinner, music, bible study, and a craft. No fee, however space is limited. Contact Pastor Brad Hales, 415 S. Main Street, Culpeper, 540/825-1376.

AARP Driver Safety Program

Fauquier Hospital and AARP will sponsor a Driver Safety Program on Saturday, August 1, from 9:00 a.m. - 5:00 p.m. at the Sycamore Room of Fauquier Hospital. The program is designed for motorists 50 years and older. Cost is \$12 for AARP members and \$14 for non-members.. Bring a bag lunch.

[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.

Join the Aging Together Partnership  
[www.agingtogether.org](http://www.agingtogether.org) \* [info@agingtogether.org](mailto:info@agingtogether.org)

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