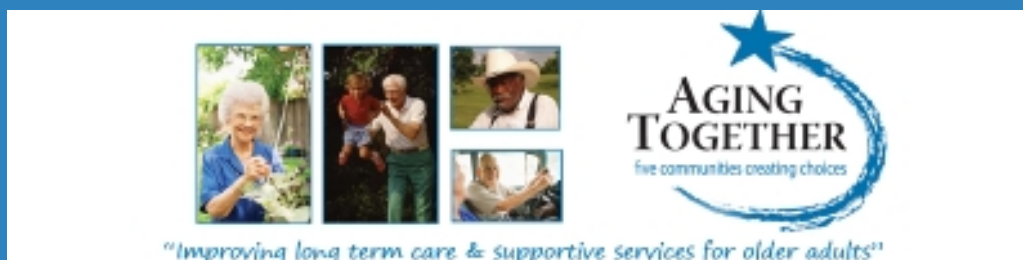


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Aging Together Connection



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Dear Kathi,

Autumn is one of nature's beautiful events. Leaves turn to magnificent hues of red, orange, and yellow. The days are filled with warm sunshine while mornings and evenings have a cool, crisp nip in the air. It's the time of year to reflect on the excitement of summer and to get ready for winter.

As fall approaches, people begin their winter preparations. They spend time cleaning flower beds and gardens, raking leaves, and weatherizing their homes. However, not everyone can physically or financially partake in these activities to make their home safe and warm for winter.

In this issue, Aging Together recognizes the *Handy Helpers* partnership in Orange County. *Orange Handy Helpers* is a volunteer program designed to lend assistance to seniors citizens, disabled or disadvantaged persons that need help with simple outdoor chores, and minor in-home repairs and maintenance. Learn more (below) about *Orange Handy Helpers*.

Thank you for joining us and we hope you enjoy reading the *Aging Together Connection*. Please visit our web site www.agingtogether.org for senior-related news and information.

Best regards,

Kathi Walker

[→ Myths or Realities?](#)



Orange Handy Helpers



Handy Helpers is a volunteer partnership organized by Aging Together in Orange to assist disabled or disadvantaged seniors with minor home repairs and routine maintenance.

Test Your Skills -

Aging Together's county resource specialists Vicki Vance (right) and Jenny Biche (below) were invited as guest columnist for the Times Community newspapers. Their recent series "*Myths or Realities*" explores fundamental issues for the new *young* senior.



Test your skills - are these myths or realities?

- 1) Men are perceived to "become old" at a younger chronological age of 70, while women are perceived as becoming old at age 75. Myth or Reality? [Read more](#).
- 2) The number of people in the U.S. who reach age 100 is the fastest growing segment of seniors. Myth or Reality? [Read more](#).
- 3) People over 65 moving in to the community will drain our resources adding a burden to those of us in the workforce. Myth or Reality? [Read more](#).

→ Handy Helpers

Aging Together is proud to highlight its newest partnership program - *Handy Helpers*.

Handy Helpers is a program in Orange County run by volunteers to assist disabled or disadvantaged seniors ages 60 and better with routine chores, and simple in-home repairs and maintenance. Orange *Handy Helpers* was started through an incentive grant from Aging Together.



The Orange *Handy Helpers* program has been serving residents for the past year with volunteers from various local organizations and businesses. "On average, at least one family per month receives *Handy Helpers* services," commented County Resource Specialist Nancy Rhoades (pictured above). All work is reviewed in advance by a qualified Handy Helper and scheduled for a mutually convenient time. Home owners receiving assistance must be eligible for services and complete an application.

For more information please contact Orange County Resource Specialist Nancy Rhoades at nrhoades@agingtogether.org or by phone 540-718-0620.



Before and after installation of stairs on back deck.

→ Aging Together Sponsors Community Organizing Workshop

By: Bonnie Vermillion, Co-Chair Healthy Culpeper Senior Adult Committee and Director of Resident Services, Culpeper Baptist Retirement Community



On Wednesday, August 19th, fifteen staff and partners of Aging Together attended a workshop on Community Organizing. Nancy Giunta (below), a consultant with the Robert Wood Johnson Foundation's Community Partnerships for Older Adults, led the discussions and practice sessions. After a brief history of how communities change over time (from Boston Tea Party type events to home building boom and changes in technology), we discussed how learning what the community needs and meeting those needs can alter the direction of or add momentum to change. [Read more.](#)



→ Support Piedmont United Way Campaign

Aging Together supports the Piedmont United Way Capital Campaign that kicked off September 16th.



The community organizations and services supported by the campaign benefit people of all ages throughout the region and showcase the true spirit of this giving community. Aging Together is a proud affiliate program of the Piedmont United Way. Because of this, you can designate your Piedmont United Way contribution to Aging Together to help us continue our successes in the five counties of Culpeper, Fauquier, Madison, Orange and Rappahannock.

Please visit the Piedmont United Way web site www.piedmontunitedway.org to learn how you can become a campaign partner.



Medicare D Open Enrollment and "Extra Help" Changes

During the month of October Medicare D plan participants will receive renewal notifications outlining changes to its 2010 formulary, benefit design, and/or premiums. If you think you want to change plans because your medications are on a different tier, your premium has increased, or simply because you did not like the service provided, you have a chance to do so during open enrollment between November 15 and December 31.

For those of you that qualify for extra help, another reason to consider changing plans may be your premium has increased to more than \$34.15, which is the bench mark amount Social Security will pay. If your plan's premium is greater than \$34.15 you will be responsible for the difference between the bench mark amount and the plan premium.

If you need assistance, please contact your county's Area Agency on Aging Senior Advocate at 540-825-3100 to schedule an appointment. Open enrollment dates are November 15 - December 31 with changes taking effect January 1, 2010. [Area Agency on Aging](#). [Medicare](#).



Join the Aging Together Partnership and turn your spare time into valued time.

Aging Together Vision

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.

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