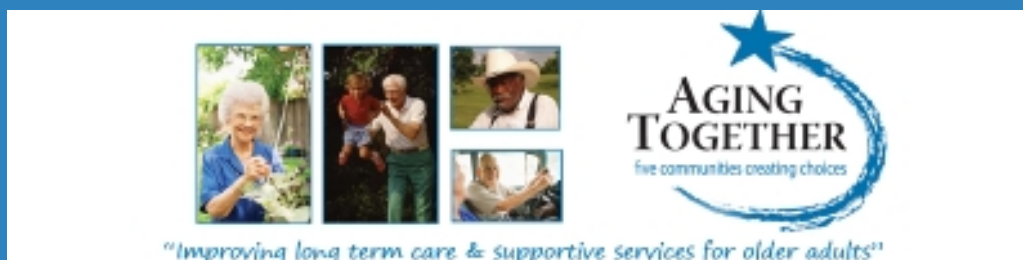


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Aging Together Connection



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Dear Kathi,

Happy New Year!

The staff and volunteers at Aging Together wish you a healthy and prosperous New Year.

Aging Together has been involved with many exciting projects and programs over the past few years. Some of those include local and regional transportation, adult day healthcare center, free prescription drugs, elder law training and free or low-cost medical IDs to name a few.

Recently, Aging Together hosted a summit on the No Wrong Door efforts to raise awareness of and make access to Aging services more efficient. Rappahannock Electric awarded Aging Together with a LEARN grant to weatherize seniors' homes. In November, Aging Together was highlighted at the Robert Wood Johnson Foundation national summit on long term care and community partnerships. Representing Aging Together at the conference were Virginia Senator Edd Houck and Madison County resident Jean Kane. We have just begun a partnership with the Alzheimer's Association of Central and Western Virginia to create Caregiver Support groups in Madison and Rappahannock counties. The first step in creating the support groups is identifying caring individuals to serve as support group facilitators. You can read more about these initiatives in this edition of Aging Together Connection.

Over the next few months Aging Together will work with partners and community leaders to develop a new strategic plan for the future. We look forward to hearing from you and working with you in the New Year.

Best regards,



The Friends of the Library and Aging Together will sponsor a discussion, Sunday January 24th, 2pm at the Culpeper County Library about a new book for people with Alzheimer's or other forms of dementia and their caregivers.

Author Ellen Phipps of the Alzheimer's Association of Central & Western Virginia will introduce, *Connections: A Complete Activities Guide for Persons Diagnosed with Dementia*.

Myths & Realities: Marketing to the Baby Boomers

"You can have brilliant ideas, but if you can not get them across, your ideas will not get you anywhere."-Lee Iacocca

By making your business senior friendly, you make it user friendly for everyone,

Kathi Walker

→ Virginia Senator Represents Aging Together at National Long Term Care Summit

In October, Aging Together was among several areas including Dallas, San Francisco, and Jacksonville, highlighted at a national summit on long term care sponsored by the Robert Wood Johnson Foundation. Aging Together was selected because of the work of our partner members building a strong community in which all of us can grow older and maintain a high quality of life in this beautiful region. Senator Edd Houck, a long term supporter of Aging Together, was asked to speak about the Commonwealth's response to the coming age wave and he lauded Aging Together as exactly the kind of effort needed throughout the state. From among the 16 CPFOA funded partnerships across the United States, local member Jean Kane was asked to provide a personal perspective on the impact of our community partnership. Her words touched all those present to hear them. A copy of Jean's remarks can be read [Here](#).

The successes and recognition of Aging Together are a reflection of the work of our now more than 100 partners and members - all of you who give your time to make this a better place for seniors and their families now and in the future. Aging Together thanks you for earning this well deserved honor, seen by over 250 state and national leaders at the summit and shared across the country. You can see a video of the summit here <http://www.viddler.com/explore/CPFOA/videos/1/>



→ No Wrong Door Summit

for any age. Any money you invest in marketing your business to the older population can benefit the younger generations too.

[Continue reading.](#)

[Do you know how to find senior resources and services?](#)

In an effort to improve efficiency with finding senior and related information Aging Together in cooperation with the Area Agency on Aging is working to establish a "No Wrong Door" system for aging services. Local agencies and organizations are working together to share information with each other so that no matter where or how you access services, you get a quick and accurate response. One of the most direct ways to access aging services is to call 540-825-3100 and ask for the Aging Advocate for the county where you or your loved one resides. [Read more.](#)

[→ Aging Together Receives REC LEARN Grant](#)

Aging Together recently received a LEARN grant from Rappahannock Electric Cooperative to weatherize seniors' homes for winter making them more energy efficient, dry, and warm.

The Culpeper Boomers mobilized a team of enthusiastic adults to work on the weatherization projects.

[Read more.](#)



[→ Caregiver Support Group: Facilitators Needed](#)

Aging Together is supporting the Alzheimer's Association of Central & Western VA to form support groups for caregivers of people with Alzheimer's and other forms of dementia. The first step is training facilitators for these groups. The Alzheimer's Association has scheduled a free training in Madison for Thursday, February 4th from 9 am - 4 pm, lunch included. It's not hard to learn how to become a group leader and the Alzheimer's Association provides ongoing support for facilitators. The only requirements are a compassionate heart and willingness to help others. Please see attached flier and application or call 540/829-6405 for more information.



[Do it because you care.](#)

[View Flier](#) and [Facilitator Application](#)

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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