

Cally Tales | *The new doormat* | Cally

My Mama human got a doormat for her birthday but it was really meant for me. It even has my picture on it. Whoever designed it must have known me. I love the feel of this mat, the smell of it, the size of it, and I especially like the words.

It says simply: It's about TIME you got home!

Well, yes. Now that you mention it. It's about TIME you got home to fill my dish, I'm hungry, and you have been gone ALL day. It's about TIME you got home, I'm lonely. You have been gone too long. It's about TIME you got home, I'm ready for my nap and I want to cuddle up.

I try not to complain too much, but the fact is, I do get lonely. My human and I have been housemates for almost 14 years. Just the two of us. The Cat Manual says I was born to be independent, but I would remind you, a HUMAN probably wrote the Cat Manual. A cat might have said it differently. A cat might have said,

and other places was cited as a major concern amongst older adults in our region and now, thanks to the

I don't want my human to gush over me, but I definitely do want companionship.

Which reminds me of my friend Zeke, a Goldendoodle, who was the pick of the litter, literally. His masters loved him from head to tail, but they had j-o-b-s that required travel. As time went on, they traveled more and more, and Zeke's spirits began to droop. Every hour he was alone seemed like a century. For the benefit of all, Zeke made a housing switch and got a new Mistress.

Things improved. Now Zeke went shopping at the big box stores, spent weekends at the lake, and attended softball games at the park. He learned the game of disk golf and became a disk-fetcher, but only for his Mistress. He sat around with her friends, getting head pats and hugs. He loved every minute of it.

He even learned to hug back. I have no idea who taught him. Maybe he picked it up from watching old

the pilot location for this new initiative thanks to our many partners and volunteer John Beck!

The list goes on and on, but these are just a few of the highlights and examples of how our community was able to come together despite the many challenges we are still experiencing and, with great

movies. I sometimes learn things that way – although not hugging. At least, not yet.

Zeke, however, would rather hug than fight – UNLESS, of course, one of his humans is hurt or threatened, then he is perfectly capable of becoming a tough guy. His Mistress describes his personality this way: "He has never been in a fight, but he has always done what he must to make everyone behave. Kind of like Batman." Good ol' Zeke. He's a dog I could be pals with.

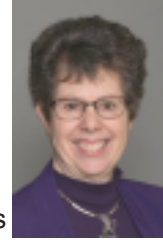
Until next time,
Purrfectly yours,
Cally



Cally

Funny feline Cally gives insight into her life as a cat.

for older adults. It truly has taken a village to make Culpeper a great place to live and a great place to grow old.



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LETTERS TO THE EDITOR

It takes a village | Ellen Phipps

Rappahannock Rapidan Regional Commission and, the leadership of Kristin Lam Perazza the Regional Transportation Collaborative has been formed – a group of many partners serving our 5-county region to provide transportation through the volunteer driver programs for older adults and those with disabilities in our region.

Through the generosity and collaboration of Pastor Brad Hales and the work of the Culpeper Aging Together Team, the Culpeper Police, and many others, the Art of Aging Lifestyle and Wellness Art of Aging Expo saw over 200 people come out looking for important resources and program information.

Last month, a group of partners, including Mayor Frank Reeves gathered to learn about a program that would help to create an inviting space in restaurants and businesses for people living with dementia. Culpeper will serve as

Aging Together, a small nonprofit organization, serves the community by convening partners; facilitating collaboration; and connecting older adults to vital resources to improve quality of life as we age. As I write, I find myself reflecting on this past year of 2022. It is in this spirit that the phrase "it takes a village" comes to mind. It's hard to believe how much our community has accomplished despite the many challenges faced throughout the pandemic. For example, just a couple of years ago a group convened to discuss the feasibility of a new adult day center in Culpeper, and today Generations Central Adult Day Intergenerational Center is not only up and running but thriving – providing a safe and fun place for people living with dementia to go during the day interact with children and engage in meaningful activity. Credit certainly due to Pastor Dan Carlton and Ray Parks of RRCS for having the vision, but also to the many partners who met on a regular basis for many months to help realize the vision.

In 2019, transportation to important medical appointments

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Culpeper Times • December 8-21, 2022 [LOCAL NEWS](#)