



November 2024

Dear Friend,

**Aging Together through partnerships connects people to communities and resources to improve quality of life as we age. We invite you to join our mission!**

In response to your feedback, Aging Together has taken the lead in providing dementia awareness and support to those living with dementia in our region. In 2023 in Virginia, 164,000 people over 65 were living with dementia, while 342,000 family members provided care (Alzheimer's Association); these numbers are growing exponentially with the increase in those over age 65. In our region, thousands of people are affected by Alzheimer's and other types of dementia and are looking for resources and support.

Aging Together is responding to this concern with initiatives that include:

- Increasing the number of Dementia Friends and Dementia Friendly businesses in the region. We provide learning sessions that educate on what dementia is, how to recognize symptoms, and how to help someone living with dementia who may be in the community.
- Hosting the annual Dementia Education Conference which is growing and bringing renowned speakers on emergent research as well as help for Caregivers, while offering continued education credits for those who are looking to advance their professional skills.
- Presenting dementia educational webinars with speakers from the Alzheimer's Association and a dementia specialist from VADARS (Virginia Department for Aging and Rehabilitative Services).
- Maintaining Aging Together's website to assure access to resources and support groups for caregivers and family members.
- Sharing resources by telephone, email and AgeWise, our monthly bulletin.

Aging Together continues to engage partners to build opportunities for this and other urgent issues such as social isolation and building communities with infrastructure to support older adults where they live.

This fall Ellen Phipps, Aging Together's Executive Director, was awarded the **Citizen Leadership Award** by the Rappahannock Rapidan Regional Commission (RRRC) as "exemplar of the value of cross-organizational collaboration and partnership building, and a strong advocate for recognizing the value of the region's aging population." This recognition of Aging Together's leadership and focus on mission speaks to the organization's positive impact throughout our region.

We need your help to continue this important work. Aging Together's staff works tirelessly to assure we are moving forward, and people are noticing as they turn to Aging Together for programs and resources that improve their lives. To remain sustainable Aging Together is asking for your help through this annual appeal. We are working hard to maintain many important initiatives. When you support Aging Together, you provide vital connections for thousands of older adults and their families in our region. On behalf of all of them, we are grateful to you!

Aging Together is a 501(c)3 charitable organization and all donations are tax deductible to the extent permitted by law.

Sincerely,

Ray Parks

Chair, Aging Together Board of Directors