

Fall 2023

# Newsletter

COMMUNITY • OUTREACH • WELLNESS



## Meet the New Advocate for the Aging

Emily Atkinson, Henrico County's former Advocate for the Aging interviewed the new Advocate, Ashlee Giles, to learn about her passion for serving senior adults and how she hopes to support Henrico County.

EA: Did you always know you wanted to work with seniors?

AG: I've always wanted to work with seniors. I'm close with the older adults in my family and I have a lot of respect for them. Seniors have diverse experiences and a wealth of knowledge to share. I wanted to find a way to serve that community.

EA: What made you interested in the Advocate position?

AG: I've worked with past advocates; I saw their passion for the position and the great work they were doing in the community. The events the Advocates organized were engaging and important for Henrico County residents. When I saw the position, I knew I had to pursue it.

EA: Every advocate has a different spin on the role, what are you bringing to the office?

AG: I love providing one-on-one support to our community members and developing informational events. Long term, I'd like to do more community needs-based assessments to see how the county can support our seniors that are aging in place.

EA: As someone who helped develop the role, it's nice to pass it on to someone who has the same passion to serve senior adults. I think Henrico County seniors are in good hands with you.

## Henrico County's Advocate for the Aging

Serves residents of Henrico County ages 60 & older, their family members, & caregivers by aiding in the following:

- Information & referral services
- Support for caregivers
- Communicating current & changing needs of the aging population to Henrico County Local Government Agencies

Ashlee Giles, MSW  
Advocate for the Aging  
804-501-5065  
[agingadvocate@henrico.us](mailto:agingadvocate@henrico.us)  
[www.henrico.us/services/seniors](http://www.henrico.us/services/seniors)

# SENIOR SERVICE SPOTLIGHT



The Henrico Community Food Bank is a nonprofit that aims to provide access to nutritious food in an equitable and dignified manner to the 30,000 Henrico County residents that are food insecure. The mobile food pantry delivers food directly to the homes of individuals in need and has been an impactful solution in eliminating barriers such as transportation challenges and the need to take a day off to access a pantry.

If you need food assistance, please contact the Henrico Community Foodbank at (804) 549-6609

To sponsor a mobile distribution, hold a food or fund drive or volunteer at a distribution, contact us at [info@henricocommunityfoodbank.org](mailto:info@henricocommunityfoodbank.org)

## UPCOMING EVENTS

**SEPTEMBER 20TH**

Senior Safety Day

**OCTOBER 3RD**

Play it Forward

**OCTOBER 6TH**

Senior Adult Volunteer Fair

**OCTOBER 18TH**

Henrico Ambassador Program for  
Seniors

**NOVEMBER 9TH**

Veterans Brunch

**NOVEMBER 15TH**

Henrico Ambassador Program for  
Seniors

**NOVEMBER 16TH**

Senior Law Day

**DECEMBER 20TH**

Henrico Ambassador Program for  
Seniors Holiday Party

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### DID YOU KNOW?

September 22, 2023 is National Centenarians Day. It is a day to celebrate and honor those that have reached the age of 100. The day was originally proclaimed as a time to partake in the rich history and wisdom shared by centenarians. As of December 2022, Henrico has 193 residents who are 100 or older or will be turning 100 in 2023! We are so proud to have such a wealth of history and lived experience in Henrico County!

Nationaltoday.com

# UPCOMING EVENTS FROM THE ADVOCATE

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**SENIOR SAFETY DAY** September 20, 2023, 9 am-2 pm

Deep Run Recreation Center

9900 Ridgefield Parkway Henrico, VA 23233

We will learn tools and techniques to stay safe at home and in the community. Speakers will share ways to prevent fraud and falls. We will learn ways to keep our home accessible as we age, and how to support positive mental health and wellness. We will also learn about advanced life planning and accessing home-based medical care.

This event is full. Keep an eye out for an upcoming secondary event due to your overwhelming response.

Please call the Advocate for the Aging at (804)-501-5065 or email [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us) for more information

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**PLAY IT FORWARD** October 3, 2023, 10 AM-12 PM

Deep Run Recreation Center

9900 Ridgefield Parkway Henrico, VA 23233

Healthy aging starts in childhood and lasts a lifetime! Come celebrate Active Aging Week at this fun intergenerational event. Participate in fun activities with preschoolers and enjoy live entertainment. Henrico Recreation and Parks, Henrico Advocate for the Aging, and Senior Connections will sponsor this intergenerational event.

Please call the Advocate for the Aging at (804)-501-5065 or email [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us) to register.

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**SENIOR ADULT VOLUNTEER FAIR** October 6, 2023, 10 AM-1 PM

Belmont Recreation Center

1600 Hilliard Rd Henrico, VA 23228

Volunteerism contributes to healthy aging by enhancing life satisfaction and wellbeing. Volunteering provides a sense of purpose and opportunities for personal growth. Come learn about volunteer opportunities in Henrico County and help strengthen our community!

**No registration required for this event!**

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# UPCOMING EVENTS FROM THE ADVOCATE

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**VETERANS BRUNCH** November 9, 2023, 10 am-12 pm

Eastern Henrico Recreation Center

1440 N Laburnum Ave, Richmond, VA 23223

We are eager to celebrate the heroic Veterans in our community. Veterans and registered guests are encouraged to attend this bountiful brunch in celebration of their honorable commitment to our country. We will enjoy live entertainment, a nice meal, and opportunities to win prizes. Henrico Recreation and Parks and the Henrico Advocate for the Aging are happy to sponsor this event.

This event is open to Veterans and one guest. Please call the Advocate for the Aging at (804)-501-5065 or email [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us) to register.

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**SENIOR LAW DAY** November 16, 2023, 1 pm-5 pm

Fairfield Library

1401 N Laburnum Ave, Richmond, VA 23223

Legal documents prepared for income eligible seniors and persons with disabilities. Life Planning documents, such as Wills, Durable Power of Attorney's and Advanced Medical Directives are prepared at NO COST by Pro Bono Attorney Volunteers.

Registration is Required. Please call Mrs. Pat Giesen at (804)343-3059 or email [pgiesen@youraaa.org](mailto:pgiesen@youraaa.org) to register.

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**HAPS HOLIDAY PARTY** December 20, 2023, 11am -2pm

Deep Run Recreation Center

9900 Ridgefield Parkway Henrico, VA 23233

Come celebrate the holiday season with games, prizes, food, and fun! Also enjoy live entertainment. This event will be hosted in conjunction with the monthly Henrico Ambassador Program for Seniors meeting, but you do not need to be a HAPS member to attend!

Please call the Advocate for the Aging at (804)-501-5065 or email [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us) to register.



# HENRICO HAPPENINGS

## LIBRARIES

To register for these events visit:  
<https://www.henricolibrary.org> or call your local library

**9/9/23 "Silver Screen Saturdays"**  
**Gayton Library, 3:00-5:00 pm**  
**10600 Gayton Rd, Henrico, VA 23238**

Celebrate old Hollywood by watching classic movies from the 1920's through the 1960's with us. Before and after each screening, we will share facts related to the movie to give you more background on the production. Titles will be announced as the program dates approach.

**10/3/23 "6 Pillars of Brain Health: Staying Sharp"**  
**Glen Allen Library, 3:00-4:00pm**  
**10501 Staples Mill Rd, Glen Allen, VA 23060**

Karen Davis of AARP Virginia presents guidance from the Global Council on Brain Health. Information on how lifestyles impact brain wellness will be provided and recommendations will be made based on research on how our ability to think and reason changes as we age

**11/8/2023 "Living with Alzheimer's for People with Alzheimer's"**  
**Tuckahoe Library, 2:00-3:00 PM**  
**1901 Starling Dr, Henrico, VA 23229**

Now that you have been diagnosed, what are the things you most need to put into place to help you and your loved ones? What are strategies for care planning and support building, how do you prepare for doctor visits, and where do you find support after the difficult diagnosis? Presented by The Greater Richmond Chapter of the Alzheimer's Association.

## RECREATION & PARKS

To register for these programs or find additional programs you can: Visit:  
[henrico.us/rec](http://henrico.us/rec) Call: 804-501-7275

**9/17/23 "Soulful Sundays"**  
**Eastern Henrico Rec, 3:00-7:00 pm**  
**1440 N Laburnum Ave, Henrico, VA 23223**

From their first arrival in 1619, Africans & African Americans have contributed to and shaped our nation's culture in countless ways. Come celebrate and commemorate with dance & music performances, arts & craft activities, historical portrayals, products & food vendors!

**10/7/23 "Glen Allen Day"**  
**Crump Park, 9:30-3:00pm**  
**3400 Mountain Rd, Glen Allen, VA 23060**

The Glen Allen Ruritan Club and Henrico Recreation & Parks are hosting Glen Allen Day at Crump Park and Meadow Farm. Festivities will take place in the park and will include 100+ vendors and several food stands. Throughout the day, families can enjoy bands and entertainment on the stage and a huge area with children's activities.

**10/19/2023 "Health and Wellness Expo"**  
**Eastern Henrico Rec, 10:00-12:00 pm**  
**1440 N Laburnum Ave, Henrico, VA 23223**

Experience a health and wellness educational opportunity to improve your overall emotional, physical, and mental health. Talk with community vendors and receive information that benefit a happy lifestyle. Enjoy fitness demos like senior wellness, Zumba, line dancing, and pickleball.

# ACTIVE AGING WEEK

October 1-7

## **Healthy Lifestyles: Longevity Traits**

**October 2, 2023, 11 am- 12 pm Fairfield Library**

**1401 N Laburnum Ave, Henrico, VA 23223**

In this Active Aging Week kickoff event, Kathy Brown of Senior Connections, The Capital Area Agency on Aging, will highlight key elements of good health, well-being, and longevity for older adults and caregivers of all ages

## **Play It Forward**

**October 3, 2023 10 am-12 pm Deep Run Recreation Center**

**9900 Ridgefield Parkway Henrico, VA 23233**

Intergenerational activities, food and fun for Henrico County senior adults and preschoolers! Register to attend at 804-501-5065

## **Understanding Alzheimer's and Dementia**

**October 4, 2023, 2pm-3 pm Fairfield Library**

**1401 N Laburnum Ave, Henrico, VA 23223**

This workshop is for anyone who would like to know more about Alzheimer's and its effects on the brain, detection, causes and risk factors, treatment, and more. Presented by The Greater Richmond Chapter of the Alzheimer's Association.

## **Active Aging at Henrico Theater**

**October 5, 2023 10am-11:45am 305 E. Nine Mile Road Henrico, VA 23075**

In celebration of Active Aging Week join us for a free movie screening and concessions sponsored by Senior Connections, the Local Area Agency on Aging, and a community partner. Title to be determined. Contact the Advocate for the Aging for more information (804)501-5065.

## **Senior Volunteer Fair**

**October 6, 2023 10 am-1 pm Belmont Recreation Center**

**1600 Hilliard Road Henrico, VA 23228**

Learn about volunteer opportunities for individuals 60+ in Henrico & help strengthen our community! 20+ Volunteer organizations will be in attendance.

# Henrico Ambassador Program for Seniors (HAPS)



## What is HAPS?

The HAPS program serves as an opportunity for older Henrico Residents to become familiar with resources and information to share as ambassadors to their local communities.

## Who Can Serve as an Ambassador?

Henrico County residents aged 60 and older

## When will HAPS Meetings Occur?

The third Wednesday of each month from 10 am-11 am.

## Where Does HAPS Meet?

Meetings rotate amongst local libraries.

## Ambassadors Will:

- Attend Monthly Meetings
- Learn about available resources in Henrico
- Share information on resources and services to other community members
- Give feedback on aging services in Henrico County.

For More information contact the Advocate for the Aging's Office at (804) 501-5065 or [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us)

**HENRICO THEATRE**  
**305 E. NINE MILE RD. HENRICO**  
**VA 23075**



**SINCE OPENING IN 1938, THIS HISTORIC THEATER HAS BEEN AN ENTERTAINMENT HUB FOR THE COMMUNITY. TICKETS AND CONCESSIONS ARE ALL JUST ONE DOLLAR. SCREENING SCHEDULES CAN BE FOUND ON THE WEBSITE AT [HTTPS://HENRICO.US/REC/PLACES/HENRICO-THEATRE/](https://henrico.us/rec/places/henrico-theatre/) OR BY CALLING (804) 652-1460**

**THE HENRICO THEATER OFFERS A SILVER SCREEN MORNING MOVIE SERIES, FEATURING NEW AND CLASSIC FAVORITES ON THE LAST WEDNESDAY OF EVERY MONTH AT 10AM!**

# Loneliness and Social Isolation Linked to Serious Health Conditions

By: Center For Disease Control and Prevention

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Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States and putting them at risk for dementia and other serious medical conditions.

A [report](#) from the National Academies of Sciences, Engineering, and Medicine (NASEM) points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated.\* Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

Loneliness is the feeling of being alone, regardless of the amount of social contact. Social isolation is a lack of social connections. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated.

## Health Risks of Loneliness

Although it's hard to measure social isolation and loneliness precisely, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Recent studies found that:

- Social isolation significantly increased a person's risk of premature death from all

causes, a risk that may rival those of smoking, obesity, and physical inactivity.\*

- Social isolation was associated with about a 50% increased risk of dementia.\*
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.\*
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.\*

## What Can You Do If You Are Experiencing Loneliness?

Your doctor can assess your risk for loneliness and social isolation and get you connected to community resources for help, if needed. The following national organizations also offer helpful resources:

- [AARP](#)
- [Area Agencies on Aging](#)
- [Eldercare Locator](#)
- [National Council on Aging](#)
- [National Institute on Aging \(NIA\)](#)

\* National Academies of Sciences, Engineering, and Medicine. 2020. Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25663>.