

# NEWSLETTER

## SPRING 2025

April-May-June



### History of Older Americans Month & Older Americans Month 2025

Provided by the Administration for  
Community Living

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

To learn more about Older Americans Month visit <https://acl.gov/oam/2025/older-americans-month-2025>

### Henrico's Advocate for the Aging

Serves Henrico community members 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 Local Government Agencies

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



Interested in receiving the O&E Older Adult Services Newsletter quarterly? Sign-up here! Scan the QR Code with your phone and you'll be added to our email list.

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# Upcoming Events from the Advocate for the Aging

For registration information or any questions, please contact the Advocate for the Aging at (804)501-5065 or [agingadvocate@henrico.gov](mailto:agingadvocate@henrico.gov)

## **Tuesday, April 8th**

**Senior Law Clinic** In partnership with the Span Center & the Williams Mullen Law Firm, free legal documents, including wills, durable Power of Attorney, and Advance Medical Directives, are available for Henrico residents age 60+ and individuals with a medical disability who meet eligibility criteria. *More information is provided upon registration.*

## **Friday, April 11th, 2 PM-4 PM**

### **Navigating Services for Seniors**

Discover resources available to community members aged 60 and older, as well as their families and caregivers. Some services covered include Energy Assistance, support for food insecurity, social engagement opportunities, and help with personal property taxes.

Twin Hickory Library

5001 Twin Hickory Rd. Glen Allen, VA 23059

## **Wednesday, April 16th, 10 AM-11 AM**

**Henrico Ambassador Program for Seniors: Fall Prevention** Identify risk factors, and learn evidence-informed exercises and fall prevention strategies to help you remain safe at home and in the community.

Fairfield Library

1401 N. Laburnum Ave Henrico, VA 23223

## **Wednesday, May 21st , 10 AM-11 AM**

### **Henrico Ambassador Program for Seniors:**

**Just for Fun** Explore exciting opportunities for fun in our community. Speakers from Henrico County Public Library, Henrico County Rec & Parks, and SignaTours, a company that arranges bus tours, will share engaging social activities and events in Henrico and beyond

Tuckahoe Library

1901 Starling Dr Henrico, VA 23220

## **Wednesday, May 28th, 11:30 AM- 1 PM**

### **Older Americans Month Regional Luncheon sponsored by CenterWell**

Join individuals aged 60+ from across Central Virginia to celebrate the contributions of older adults, discover opportunities for staying active and engaged as we age, and highlight the purpose, exploration, and connections that come with growing older.

Registration is required and opens April 28th. Glen Allen Cultural Arts Center

2880 Mountain Rd, Glen Allen, VA 23060

## **Wednesday, June 18th, 10 AM- 2 PM**

### **World Elder Abuse Awareness Day Conference *Empowering Elders.***

Join us as we discuss how advocacy and allyship help build safe, supportive communities for people of all ages. Registration is required.

Chesterfield Career & Technical Center

13900 Hull Street Rd N, Midlothian, VA 23112

# Henrico Ambassador Program for Seniors (HAPS)



## What is HAPS?

The HAPS program serves as an opportunity for 60+ Henrico Residents to become familiar with resources and information to share as ambassadors to their local communities.

## Who Can Serve as an Ambassador?

Henrico 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.

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

## Senior Services Spotlight



## HENRICO COUNTY'S REAL ESTATE CAP PROGRAM (RECAP)

The Real Estate Cap Program (RECAP) is a new tool supporting Henrico's ongoing efforts to provide real estate tax relief for taxpayers. RECAP places a cap on real estate tax bills at the amount paid when a property owner enters the program. Potential increases in assessment values will not increase the tax bill in future years for participants.

## Who is eligible for RECAP?

- Property owners who are 65 or older, or who are permanently and totally disabled, who occupy the property as their sole dwelling; and
- Whose household taxable income does not exceed \$125,000; and
- Whose net worth does not exceed \$750,000, excluding the value of the dwelling.
- Filing deadline is April 1st

How can I get more information about RECAP?

Call (804) 501-4263, or email [taxhelp@henrico.gov](mailto:taxhelp@henrico.gov).

# HENRICO HAPPENINGS

## LIBRARIES

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

**4/23/25, 2 PM “Identity Theft”**

**Gayton Library 10600 Gayton Rd**

Protect yourself with confidence. In this class, you'll uncover the signs of identity theft and fraud, explore common scams, and discover smart strategies to keep your information safe. Learn practical habits to protect your data and secure your personal information. Presented by the Henrico Federal Credit Union.

**5/19/25, 2 PM "Historically Speaking: Horse Sense, The History of the Horse in Virginia"**

**Glen Allen Library 10501 Staples Mill Rd**

From Olympic champions to battle horses, and Misty of Chincoteague to Secretariat, Virginians have had an enduring and special relationship with horses. The Virginia Museum of History and Culture joins us to highlight the Commonwealth's unique place in equine history. This program is held in partnership with Henrico County Recreation & Parks, History Division.

**“Tech Tutor” NEW Service!**

**4/21, 2 PM Tuckahoe Library & Twin Hickory Library**

**4/24, 2 PM Sandston Library**

**5/19, 11 AM Sandston Library**

**6/20, 11 AM, Sandston Library**

**6/20, 2 PM Varina Library**

Get assistance from library staff with your personal devices, such as cellphones, e-readers, and laptops. Find answers to your technology questions. Disclaimer: Library staff can only offer basic assistance. We are not able to troubleshoot/repair malfunctioning or broken hardware or software.

## 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

**4/26/25, 6 PM “International Dance Day”**

**Eastern Henrico Recreation Center**

**1440 N. Laburnum Ave**

Richmond Urban Dance will showcase a dance mix that includes Contemporary, Street Jazz, Hip Hop, and Afro Beat with audience participation in honor of International Dance Day. Information: [cun@henrico.gov](mailto:cun@henrico.gov)

**5/3/25, 1 PM “Outdoor Mindfulness: Creating Nature Boards”**

**Meadow Farm 3400 Mountain Rd**

This program will begin with a discussion of the importance of mindfulness and mental health. Participants will then be taken on a guided nature walk where they can gather leaves, flowers, and other natural materials to place into cardboard vases. Information: [sch107@henrico.gov](mailto:sch107@henrico.gov)

**6/21/25, 4 PM “Juneteenth Celebration”**

**Dorey Park 2999 Darbytown Road**

Commemorate the 160th anniversary of Juneteenth and the powerful celebration of freedom. Participate in a fantastic vendor fair featuring 160 local vendors, a kid zone with thrilling inflatables, a vibrant community stage showcasing local talent, and a variety of delicious food. That’s not all – this year’s musical theme is Go-Go music, a uniquely regional sound that’s deeply rooted in the African American community, symbolizing resilience and unity. Originally from Washington, D.C., Go-Go has become a beloved genre across the DMV area, including right here in Henrico County. Information: (804) 652-1421 or email [Juneteenth@henrico.gov](mailto:Juneteenth@henrico.gov).

## Save the Date



### Senior Party & Resource Fair

Thursday, May 22nd

10 AM-12 PM

Eastern Henrico Recreation Center

1440 N. Laburnum Avenue

Henrico, VA 23223

Seniors (50+) will receive information from county departments, community organizations, play games, and dance, dance, dance! Hosted with the SPAN Center (formerly Senior Connections), and Henrico's Advocate for Aging. For more information contact [cun04@henrico.gov](mailto:cun04@henrico.gov)

### Be on the Lookout

*Aging with Disabilities: Planning for the Future with Dignity*

Free monthly webinar series the 2nd Tuesday of Each Month from 1pm-2pm

Tuesday, April 14th 1pm-2pm

Honoring the Journey: Person-Centered Approaches to Death and Dying with Reamey Belski, Certified End of Life Doula  
Advanced Care Consultant with Crossover Doula Services

For registration information or any questions, please contact the Advocate for the Aging at (804)-501-5065 or [agingadvocate@henrico.gov](mailto:agingadvocate@henrico.gov)

## Events at a Glance

### April

- 4/8 Senior Law Clinic
- 4/11 Navigating Services for Seniors
- 4/16 Henrico Ambassador Program for Seniors: Fall Prevention

### May

- 5/21 Henrico Ambassador Program for Seniors: Just for Fun
- 5/22 Senior Party & Resource Fair
- 5/28 Older Americans Month Regional Luncheon

### June

- 6/4 Senior Law Clinic
- 6/18 World Elder Abuse Awareness Day Conference



**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 ALWAYS just one dollar.

Screening schedules can be found on the website at [www. Henricotheater.com](http://www.Henricotheater.com) or by calling (804) 652-1460

The Henrico Theater offers their specially curated morning movie series, featuring new and classic favorites on the last Wednesday of every month at 10am!

Join us for Silver Screen Movies:

April 30

May 28

June 25

*You're invited!*

Sat., April 19 | 10 a.m. - 2 p.m.  
Deep Run Recreation Center  
9900 Ridgefield Parkway

# COMMUNITY SAFETY TRAINING

- Open to county residents + non-residents
- Learn about emergency dispatch + response
- Acquire valuable skills, including hands-only CPR
- Practice life-saving techniques with certified EMTs
- Get to know Henrico Firefighters + Medics



## DETAILS + REGISTRATION

<https://forms.office.com/g/cgfHCvP4PE>

## QUESTIONS?

Lt. Byron Burton | [bur59@henrico.gov](mailto:bur59@henrico.gov)

