

NEWSLETTER

WINTER 2025

January-February-March

COMMUNITY • OUTREACH • WELLNESS



Ageism

There's a lot at Stake: It's Time to Reduce Ageism and Change Thinking

Brief by VCU Gerontology and the Virginia Center on Aging

Ageism is discrimination based on age.

Ageism impacts how we think (stereotypes), how we feel (prejudice) and how we act (discrimination) towards others or oneself based on age (WHO).

WHY IS THIS SO IMPORTANT?

Ageism affects our health, happiness and longevity. People with more positive self-perceptions of aging live 7.5 years longer than those with negative views of aging. Positive age beliefs protect against the development of dementia, and are a protective factor for the development of chronic disease.

Ageism harms the economy with an estimated \$850 billion in lost gains to GDP as a result of involuntary retirement and underemployment.

Ageism costs \$63 billion in health care costs every year.

HOW TO REDUCE AGEISM AND CHANGE THINKING

Education about aging and positive intergenerational engagement are powerful strategies to reduce ageism.

We can learn how to stimulate internal dialogue and reflection and change our unconscious and conscious thoughts to have more positive attitudes about aging and growing older.

To learn more visit <https://vcoa.chp.vcu.edu/>

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
www.henrico.gov/services/seniors



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

Upcoming Events from the Advocate for the Aging

Wednesday, January 15th, 10am-11am

Henrico Ambassador Program for Seniors:

Listening Session Join us as we brainstorm topics for our monthly Ambassador meetings for 2025. We will discuss plans for increasing participation and having lasting community impact.

Henrico Outreach & Engagement Office
1950 E. Parham Road Building 3 Henrico, VA 23228 Please RSVP to the Advocate for the Aging at (804)-501-5065 or agingadvocate@henrico.gov

Tuesday, January 21st, 10am-12pm

Winter Emergency Preparedness

The Henrico Office of Emergency Management, Dominion Energy, AAA, and the Virginia Bureau of Insurance will share information to ensure you, your home and vehicle are prepared for winter. A live-stream option will be available.

Fairfield Library
1401 N. Laburnum Ave Henrico, VA 23223;
Please RSVP at (804) 501-4933 or outreach@henrico.gov

Wednesday, February 19th, 10am-11am

Henrico Ambassador Program for Seniors:

Topic to Be Determined following January Listening Session.

Libbie Mill Library
2100 Libbie Lake E St, Henrico, VA 23230

Tuesday, March 4th, 6pm-7pm

Difficult Conversations: A Series for Caregivers

Dementia 101 A representative from the Alzheimer's Association will share information about the stages of dementia, resources for caregivers and take questions from community members.

Fairfield Library
1401 N. Laburnum Ave Henrico, VA 23223

Tuesday, March 11th, 6pm-7pm

Difficult Conversations: A Series for Caregivers

Supporting Your Loved One as Their Abilities Change Lisa Isbell with Central Virginia Senior Care Authority will share resources for individuals with varying levels of need and tips for having difficult conversations about care.

Fairfield Library
1401 N. Laburnum Ave Henrico, VA 23223

Tuesday, March 18th, 6 pm-7 pm

Difficult Conversations: A Series for Caregivers

End of Life A Representative from Crater Community Hospice will help caregivers understand the difference between hospice and palliative care, and provide techniques for conversing about end of life with loved ones.

Fairfield Library
1401 N. Laburnum Ave Henrico, VA 23223

Wednesday, March 19th, 10am-11am

Henrico Ambassador Program for Seniors:

Legislative Update. Emily Atkinson, Assistant Health Policy Analyst for the Virginia General Assembly's Joint Commission on Healthcare and former Henrico Advocate for the Aging will share legislative updates.

Fairfield Library
1401 N. Laburnum Ave Henrico, VA 23223

Tuesday, March 25th, 10am-1pm

Caregiver and Senior Expo

Learn about resources and meet with providers who support individuals aged 60+, their families and caregivers in Central Virginia.

Eastern Henrico Recreation Center
1440 N. Laburnum Ave Henrico, VA 23223

Henrico Ambassador Program for Seniors (HAPS)



Henrico Ambassador Program
for Seniors

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



Senior Services Spotlight

OPENING MINDS THROUGH ART (OMA)

An art-making program for people with dementia and their caregivers, OMA (Opening Minds through Art) is an award-winning, evidence-based, intergenerational art-making program for people with Alzheimer's disease and other neurocognitive disorders.

Founded in 2007 at Scripps Gerontology Center at Miami University, OMA is grounded in "person-centered" ethics, rather than disease-centered - in other words, OMA focuses on what people CAN do.

The goal of The OMA Center is to help create a society that values older adults with dementia by building genuine friendships between people with dementia and volunteers as they engage in art-making. Additionally, the program offers education, respite, and fellowship for caregivers.

To learn more about OMA, or to register for the Spring 2025 session on Fridays, February 21 - May 2, visit <https://www.artsglenallen.com/> or call 804-261-ARTS (2787)

HENRICO HAPPENINGS

LIBRARIES

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

1/14/24 “Something to Talk About Author Talk: Annie Tobey’s 101 Things to Do in Richmond Before You Die”

Varina Library 10am

1875 New Market Rd

Join us as author and native Richmonder Annie Tobey shares insider views and highlights the places and experiences from her recent book 100 Things to Do in Richmond Before You Die. Tobey is an award-winning writer and magazine editor and enjoys covering local craft beverages, museums, restaurants, and more. This program is sponsored by the Friends of the Library.

2/1/25 “Black History Month at Fairfield Library”

Fairfield Library 11am-3pm

1401 N Laburnum Ave

Three featured programs on Saturday,
February 1, 2025:

- The Piedmont Blues with Guitarist Justin Golden at 11:00 AM
- History Bingo: Henrico Black History Edition at 12:00 PM
- Elegba Folklore Society Presents: The Talking Drum at 2:00 PM

3/4/25 “Caregiver’s Toolkit”

Sandston Library 11am

23 E Williamsburg Rd

The Capital Area Agency on Aging’s Caregiver Support Team will present an informative and engaging session for family caregivers of older adults. We’ll discuss strategies for reducing stress, accessing resources in your community, and finding joy in your caregiver journey.

RECREATION & PARKS

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

1/25 “Finding Light in the Darkness: Helen Keller”

Meadow Farm 2-3pm

3400 Mountain Rd

When Helen Keller was younger than two years old, she became imprisoned within herself, unable to see or hear. Through the aid of pioneering teaching methods, Helen discovered the world through the tips of her fingers. Finally free to express herself, she showed others how to see beyond her disabilities and communicate her insightful wisdom. This presentation will discuss the extraordinary life of Helen Keller. Information:
sch107@henrico.go

2/4 & 2/11 “Studio at The Springs: Pottery” The Springs Recreation Center 1:30-3:30pm; 6:30-8:30pm

302 Lee Ave

Learn to work with clay to create a beautiful, patterned dish. Choose from a variety of patterns and glazes. Information:
ola@henrico.gov

2/8/24 Woodland Cemetery Tour

Woodland Cemetery 10am

2300 Magnolia St

Join us for a walking tour of historic Woodland Cemetery, the final resting place of African Americans from Richmond, Henrico and surrounding areas. This tour will highlight not only the many influential people who are at rest in Woodland’s sacred grounds but also the ongoing recovery efforts that have occurred in recent years. This walking tour will cover a large portion of the grounds so please dress accordingly. Information:
sch107@henrico.gov



COMMUNITY • OUTREACH • WELLNESS



PLEASE JOIN US FOR

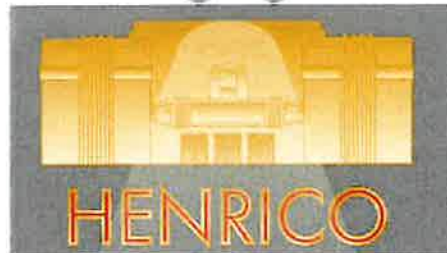
CARFIT

HAVING THE PROPER FIT INSIDE YOUR VEHICLE CAN HELP PROTECT YOU & THOSE AROUND YOU. PARTICIPANTS WILL BE ASSESSED BY A TEAM OF PROFESSIONALS TO ENSURE THEY "FIT" THEIR VEHICLE PROPERLY FOR MAXIMUM COMFORT AND SAFETY. A CARFIT CHECK TAKES 20 MINUTES.

TUESDAY, MARCH 18TH

10:00AM-1:00PM
DEEP RUN RECREATION CENTER
9910 RIDGEFIELD PARKWAY
HENRICO, VA 23233

REGISTRATION IS REQUIRED
HENRICO COUNTY ADVOCATE FOR THE AGING
AT 804-501-5065 OR
AGINGADVOCATE@HENRICO.GOV



**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 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:
Feb 26: Get On Up

MARK YOUR CALENDAR

January

- 1/15 Henrico Ambassador Program for Seniors (HAPS)
- 1/21 Winter Emergency Preparedness

February

- 2/3 Spread the Love Card Submission Deadline
- 2/19 HAPS

March

- 3/4 Difficult Conversations: Caregiver Speaker Series
- 3/11 Difficult Conversations: Caregiver Speaker Series
- 3/18 CarFit
- 3/18 Difficult Conversations: Caregiver Speaker Series
- 3/19 HAPS
- 3/25 Caregiver and Senior Expo

Advocate for the Aging
Spread the Love
Valentine's Day Card Event

Spread the love this Valentine's Day to an older adult living in a long-term care facility!

How to make a difference:

1. Create Valentine's Day Cards with your friends, family, school, faith-based organization, or other social group.
2. Write a generic and uplifting message celebrating the Valentine's Day season.
3. Drop off your cards at one of our drop-off locations, or mail them to:

Henrico EngAGE
Attn. Ashlee Giles PO Box 90775 Henrico, VA 23273

Drop-off will be available Monday -Friday during normal business hours at the following locations:

- Western Government Center Lobby 4301 E. Parham Rd
- Public Safety Building Lobby 7721 E. Parham Rd
- Eastern Henrico Recreation Center 1440 N. Laburnum Ave

Please mail or drop off cards by Monday, February 3rd. If you need more information you can contact the Advocate for the Aging at (804)501-5065 or agingadvocate@henrico.gov