



COMING UP AT MASON

Life Planning Seminars

DATE/TIME	PROGRAM TITLE/SPEAKER	LOCATION
April 21, 2011 12:00pm-1:00pm	Aging: What's Normal and What's Not Patrice Winter, PT, MS	Fairfax Campus, Research 1 Room 163
May 19, 2011 12:00pm-1:00pm	What Is An Ombudsman? Gay Alper, LCSW	Fairfax Campus, Engineering Room 1605
June 23, 2011 12:00pm-1:00pm	More-ientation: A Mason Refresher Robyn Madar, Mason HR/Payroll	Fairfax Campus, Research 1 Room 163

To find out more about the above seminars and to register, please visit <http://hr.gmu.edu/training> and click on the "Courses" tab.

ISSUES ON AGING: A Newsletter Compendium

From Caregiver's Corner

Caregiving Fact — Good Nutrition for Caregivers and Older Adults.

March is National Nutrition Month. This is a great time to review nutrition recommendations for adults of all ages. The U.S. Department of Agriculture's www.MyPyramid.gov contains the latest credible information, interactive tools, and much more to help you plan a nutritious diet for you and your loved ones.

Caregiver Tip — Assisting at Meals.

If your care recipient needs assistance cutting food, you can help maintain his or her dignity by taking the following steps:

- At home, cut up or puree foods *before* serving.
- When eating out, contact the restaurant in advance and ask that they cut up the meal *before* bringing it to the table. It may also be possible for you to bring a chopper or blender for the staff to use to get the food to the right consistency *before* bringing it to the table.

News and Notes of Interest to Caregivers.

Free Caregiver Consultation. Professional care managers offer one-time caregiver counseling sessions over the phone or in the office. For more information, call Fairfax County's Aging, Disability and Caregiver Resources line at 703-324-7948, TTY 711, between 8 a.m. and 4:30 p.m., Monday through Friday.

Try the County's Free Volunteer Respite Service. Fairfax County matches volunteers with family caregivers who could use a break. Trained volunteers provide six hours of service a month. Call 703-324-7948, TTY 711, to request a respite volunteer or e-mail Kristin.Martin@fairfaxcounty.gov.

SeniorNavigator. The statewide search engine, [SeniorNavigator](#), helps older adults find local services, and it has rolled out a new website that helps you make healthy decisions regarding nutrition, weight, physical activity and smoking cessation. The [Healthy Choices Solution Center](#) has several free tracking tools, plenty of health-related advice, and links to providers who can help you achieve your healthy lifestyle choices. [Try it out.](#)

Geriatric Resource Center. The [Joanne G. Crantz, M.D. Geriatric Resource Center](#) at Inova Fairfax Hospital provides valuable healthcare information to seniors and their caregivers and serves as a source for geriatric community resources. The center provides an extensive book collection, a low-vision computer station with large print keyboard, hands-on assistive technology devices, as well as monthly educational programs.

Caregiver Support Line for Veterans. The U.S. Department of Veterans Affairs sponsors a toll-free National Caregiver Support Line for veterans and caregivers of veterans. Licensed clinical social workers answer calls and provide information on veteran benefits, community caregiver support resources, and referrals to caregiver support coordinators. Emotional support for the caregiver is an important part of the service. The social workers can also answer questions about caregiver benefits associated with Public Law 111-163, Caregivers and Veterans Omnibus Health Services Act of 2010. Support line hours are Monday-Friday from 8:00 a.m.-11:00 p.m. and Saturday from 10:30 a.m.-6:00 p.m. Call 1-855-260-3274. Visit [VA Caregiver Support: Caring for Those Who Care](#) for more information.

Upcoming Events

Spring Caregiver Seminars

Fairfax County's free Seminars for Caregivers series offers several presentations to help family caregivers of older adults and adults with disabilities throughout the county. Speakers include experts in law, insurance, care management, finances and community resources. [Register online](#), e-mail Caregiver@fairfaxcounty.gov, or call 703-324-5205, TTY 711. Upcoming seminars include:

Thursday, March 31 – 1 p.m. to 3 p.m.

Understanding Medicare, Medigap, and Medicare Part D

Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA 22306

For directions: 703-765-3645, TTY 711

Learn the facts about health insurance for seniors.

Thursday, March 31 – 1 p.m. to 3 p.m.

Understanding the Challenges of Alzheimer's Disease

Reston Regional Library, 11925 Bowman Towne Drive, Reston, VA 20190

For directions: 703-689-2700, TTY 711

Gain insight into the world of Alzheimer's disease. Learn strategies to enhance communication and minimize behavior challenges.

Tuesday, April 5 – 7 p.m. to 9 p.m.

Financial Issues for Caregivers

The Lewinsville, 1515 Great Falls St., McLean, VA 22101

For directions: 703-442-8660, TTY 711

Professional long-term care is expensive and can deplete assets quickly. Get in-depth information on how to maximize your resources, stretch financial assets and avoid common money mistakes that caregivers make.

Thursday, April 7 – 11 a.m. to 1 p.m.

Navigating the Medicaid Maze: Waivers, Eligibility and Documentation

Falls Church Community Center, 223 Little Falls St., Falls Church, VA 22046

For directions: 703-248-5077, TTY 711

Many family caregivers assume their loved ones will never meet the financial eligibility requirements for Medicaid. However, the costs of long-term care can quickly drain even a substantial savings account. At this seminar, you will learn about Medicaid's eligibility criteria, screening process, required documentation, and how to access Medicaid to help fund home-based and nursing home care.

Tuesday, April 12 – 7 p.m. to 9 p.m.

Understanding the Challenges of Alzheimer's Disease

Alzheimer's Family Day Center, 2812 Old Lee Highway, Fairfax, VA 22031

For directions: 703-204-4664, TTY 711

Gain insight into the world of Alzheimer's disease. Learn strategies to enhance communication and minimize behavior challenges.

Wednesday, April 27 – 7 p.m. to 9 p.m.

Strategies for Difficult Conversations

Chantilly Regional Library, 4000 Stringfellow Road, Chantilly, VA 20151

For directions: 703-502-3883, TTY 711

Conversations about sensitive issues such as driving, accepting help in the home, or moving to a safer environment are often difficult. This workshop will help you to prepare, to show respect for your loved one's sensitivities, and have "adult to adult" discussions where you can successfully communicate your concerns.

Free Telephone Support Group.

Hosted the second Tuesday of each month, from 7-8 p.m. [Register online](#) or call 703-324-5484, TTY 711. Upcoming dates and topics include:

March 8: *Setting Limits and Boundaries in Caregiving.*

You can't do it all, but feel like you must. How do you set limits? Is there room for negotiation? Is it OK to say "No?"

April 12: *How Are You? Let's Talk About Caregiving's Impact on Your Health.*

With the focus on your loved one, your own physical and emotional health may be adversely impacted. Let's talk about how you are doing, and share tips on better self-care.

May 10: *Using The Internet To Help Your Caregiving Journey.*

Who has time to surf the web? Make time! There's a whole world of resources locally and nationally to support family caregivers. Bring a pen and paper and let's share some of the online resources we all find helpful.

Alzheimer's Family Day Center offers Free Classes for Family Caregivers.

Classes meet on the third Wednesday of each month from 1:30 to 3:00 p.m. at the [Alzheimer's Family Day Center](#). To register, call 703-204-4664, TTY 711, or e-mail afdc@alzheimersfdc.org. Respite care is available. Call to make arrangements in advance. The next class is:

April 20: *Let's Talk Alzheimer's.*

Communication, both expressive and receptive, often becomes difficult as you struggle to meet the needs of your loved one. Learn some communication skills that can help ease the frustration and lead to successful interactions.

From Fairfax 50+ E-News

Fairfax County's Secure Document Shredding and Recycling Program

Secure Document Shredding and Recycling Programs are scheduled in each supervisory district throughout the year. Participation at these events is free for Fairfax County residents. [See the 2011 calendar now.](#) Residents may shred up to five medium-sized packing boxes of paper per household.

Coping with Chronic Illness Workshop in Springfield

You Can! Live Well, Virginia is a free Fairfax County workshop series that helps participants take control of their medical care and improve their ability to handle the frustration, fatigue, and feelings of hopelessness that can accompany chronic illness. The six-week series is held once a week and workshops are two hours. Contact colleen.turner@fairfaxcounty.gov or 703-324-5489, TTY 711 for more information.

Fairfax County Police Charge Two in Theft & Credit Card Fraud Targeting Older Adults

Fairfax County Police have charged two people in a series of thefts and credit card frauds that occurred over a two-year-period around the region. In each case, an older woman in a grocery store was approached by another woman who would request assistance in reading product labels. While the victim was distracted, a man would allegedly remove the victim's wallet from her purse, as it sat unattended in her shopping cart. [Find out more about this scam.](#)

From Fairfax Area Commission on Aging Golden Gazette

Spring Adventures in Learning

The Shepherd's Center of Annandale-Springfield is offering an 8-week learning series.

When: Wednesdays, April 6-May 18, 9:30 a.m. -1:15 p.m.

Where: John Calvin Presbyterian Church, 6531 Columbia Pike, Annandale

Program: Exercise class, Discoveries from the Space Program, and writing your life story.

Cost: \$45 for the 8-week session (\$35 without exercise class)
RSVP: Call 703-941-1419.

Dementia Caregivers Support Group

The Shepherd's Center of Fairfax-Burke is offering a Dementia Caregivers Support Group. The group meets on the second Tuesday of each month, from 12-1 p.m., at Lord of Life Lutheran Church, 5114 Twinbrook Rd., Fairfax. Learn and share with others experiencing similar challenges. Contact Eileen Thompson at 703-451-8626 or e-mail eileen.thompson1@gmail.com.

Northern Virginia Senior Softball

Northern Virginia Senior Softball seeks players for fun, fitness, and fellowship, playing two low-pitch 7-inning softball games Tuesday & Thursday mornings on Fairfax County fields. The season is from April 12-August 11. There are 26 teams organized into three skill level conferences. Players, whose average age is 66, are assigned to a team at their skill level by skill assessment, not a tryout. Join now! For more information, call Dave at 703-524-5576 or Paul at 703-323-7878. Visit their website at www.nvss.org.

This information has been provided from the following organization newsletters.

Subscription information is available at:

- * Caregivers Corner Online <http://www.fairfaxcounty.gov/email/lists/>
- * Fairfax 50+ eNews: <http://www.fairfaxcounty.gov/dfs/olderadultservices/>
- * Fairfax Area Commission on Aging Golden Gazette:

<http://www.fairfaxcounty.gov/dfs/olderadultservices/goldengazette.htm>

- * The Administration on Aging (AOA):

http://www.aoa.gov/AoARoot/Press_Room/Enews/index.aspx



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