

COASTAL VIRGINIA™ SENIOR NEWS

SENIOR SERVICES OF SOUTHEASTERN VIRGINIA

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August 2014



In the News!

Nov. 1 Healthy Aging Forum Promoted On Norfolk's Jan Callaghan's TV Show



Left to right, author Dee Branch Oliver; Lorraine Kohart, communication associate for Senior Services of Southeastern Virginia; Jan Callaghan, producer and host of The Forum television show for Norfolk's municipal channel TV-48; and senior law expert Andrew

Hook wait at a WHRO studio to record a preview about the The Art of Healthy Aging Forum & Expo that will be held on Nov. 1, 2014.

Jan Callaghan, producer and host of TV-48's "The Forum" television show recently interviewed Lorraine Kohart of Senior Services of Southeastern Virginia, certified elder law attorney Andrew Hook and author Dee Branch Oliver about the upcoming The Art of Healthy Aging Forum & Expo presented by Virginia Eye Consultants.

The Art of Healthy Aging Forum & Expo, a regional conference being produced by Senior Services, will be held Saturday, Nov. 1, 2014, at the Virginia Beach Convention Center, 1000 19th St., Virginia Beach. The half-day event will feature national and regional experts on aging and wellness and other issues important to senior citizens and their family members.

Hook, president of the Hook Law Center, will lead the Financial Fitness workshop at the Nov. 1 event, while Oliver will conduct the Going Out in Style session, the title taken from the book she wrote about her experiences as a funeral director's wife and then a widow when her husband died unexpectedly in 2007.

Callaghan's interview was conducted July 23 for broadcast on the city of Norfolk's municipal television station, TV-48.

During the conversation, Hook recommended the Nov. 1 Art of Healthy Aging Forum as a "win-win for both professionals and the lay community," based on his positive experiences at a similar event produced by Senior Services last November. He noted that the conference is a "very helpful networking event" and learning opportunity for professionals who participate as sponsors or exhibitors.

Oliver, who will be participating in the November conference for the first time, said she is enthused about opportunity to share her insights and talk with seniors as well as with other workshop leaders and guest speakers. Her book covers a wide range of topics, including about updating wills and medical directives, the grieving process and even more mundane items such as learning the passwords of your loved one's electronic devices. "Sometimes tomorrow happens a lot sooner than you expect," she said.

To see an 11-minute video Jan Callaghan's conversation with Lorraine Kohart, Andrew Hook and Dee Branch Oliver, please click here: https://www.youtube.com/watch?v=7_sSA0KZyoc&list=UUp20-oOitgfeAgxU34S-tPA.

For more information about participating in The Art of Healthy Aging Forum & Expo, please click below or call Lorraine Kohart at 757-461-

9481, ext. 105, or email lkohart@ssseva.org, or visit Senior Services' website, ssseva.org.

Healthy Aging Forum & Expo

Announcing our sponsors!

Senior Services of Southeastern Virginia is proud to announce that the following sponsors will be part of The Art of Healthy Living Forum and Expo:

Virginia Eye Consultants
(Naming Sponsor)

Optima Health
Sentara Healthcare

Atlantic Shores Living

Hook Law Center

Aramark

Obici Healthcare Foundation

There is still time to add your company's name to our growing list of sponsors and exhibitors!

It's easy! [Click here to download an information packet.](#)

THE CENTER FOR AGING



The Art of HEALTHY AGING FORUM & EXPO™

Senior Services of Southeastern Virginia

PRESENTED BY:

VIRGINIAeye consultants

Saturday, November 1, 2014

Place: Virginia Beach Convention Center
1000 19th Street, Virginia Beach, VA 23451

Time: 8:00 AM - 1:30 PM

The ½ day agenda includes a full morning of workshop presentations, health screenings and exhibitor offerings intended to provide you with food for thought and the tools you need to enjoy a healthy, productive and rewarding next chapter of your life.

► **Luncheon Keynote: The Art of Healthy Aging**

Stefan Gravenstein, M.D., MPH, Chief of Geriatrics,
University Hospitals, Case Medical Center of Cleveland, Ohio

Breakout Sessions:

- Medicare 101 Basics
- Financial Fitness
- Healthy Caregiving
- As You Wish Hampton Roads - Advance Care Planning
- Healthy Sex
- Brain Health & Aging
- Retirement Housing
- "Going out in Style" Surviving the Loss of a Loved One

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For more information and speaker updates, visit www.ssseva.org or call Lorraine Kohart, 757.461.9481, ext. 105, LKohart@ssseva.org today!



**Planning to attend? Registration is limited.
Secure your seat now!**

To learn more about this half day forum and expo, [click here for a full agenda of topics and speakers.](#)

To reserve your seat via our secure online form, [click here](#), or call 757-461-9481, ext. 105.

\$15 ticket includes breakfast, lunch and chance to win door prizes!

Comprehensive Plan for 55 and Better

Comprehensive Planning Initiative for '55 and Better' Continues in Chesapeake; More Public Discussions Soon

The city of Chesapeake and Senior Services of Southeastern Virginia are continuing their joint efforts to develop a comprehensive community-based plan for Chesapeake residents ages 55 and over.

Community surveys and public discussions were held this spring, and another round of community discussions will be scheduled for early fall, according to Carolyn McPherson, who is Senior Services' point person in the work with Chesapeake.

Chesapeake, which now has 21,460 residents 55 and older, is expected to be home to more than 87,000 such citizens - or 27.4 percent of the city's population - by 2040.

The planning initiative centers on producing the Comprehensive Plan for 55 and Better that will serve as a pathway for making decisions that ensure a livable community for all ages.

Areas to be covered in the plan include health care, financial stability and safety, transportation, housing and quality of life. Chesapeake selected Senior Services as a partner because of the agency's expertise in planning for and serving seniors throughout South Hampton Roads and Western Tidewater, according to a Chesapeake city document.

A draft of the plan will be presented to the Chesapeake City Council this fall, followed by a final plan.

The initiative is being funded by financial and in-kind supports of Senior Services and other nonprofits, as well as from the Chesapeake Regional Medical Center, TowneBank, The Shopper and other businesses.

Emergency Meals

Aramark and Senior Services Team Up To Pack Emergency Meals for Seniors

Aramark teamed with Senior Services in July to provide 1,530 emergency breakfast meals to 153 low-income seniors living in Norfolk.

The meals consist of foods that can be preserved without refrigeration and do not need to be heated before eating. They were provided to the Norfolk seniors to help them have food on hand in case of an emergency, such as a hurricane, explained Yolanda Ellis, congregate nutrition site manager for Senior Services.

"Seniors are the most vulnerable in emergency situations and bad weather," Ellis said. "These meals will help them get through until assistance arrives. They provide stability for them in an emergency."

Senior Services purchased the foods, which included raisin bran cereal, crackers, peanut butter, dehydrated milk and raisins.

Then, on July 21, Aramark provided space at the Hampton Roads Regional Jail in Portsmouth for Senior Services to pack the meals. Also, four Aramark employees volunteered to help four employees of Senior Services with the packing, Ellis said.

Senior Services delivered the meals on July 22 and July 23 to seniors living in the Franklin Arms, Hunter Square, Patrea, Sykes and Bobbitt senior apartment complexes, all operated by the Norfolk Redevelopment and Housing Authority.

"When we arrived at the sites, we first held an assembly in a meeting room. I gave nutritional training to the seniors and we put nutritional educational pamphlets in bags, as well. We then gave out the meals," Ellis said.

Each senior received 10 days of emergency breakfast meals, she said.

The distribution of the meals was coordinated with the NRHA's Gloria Parker, an elderly housing specialist, and Belinda Hillman, a center manager.

Senior Services will hold another packing event in September, this time with the assistance of Target employees at the Target warehouse in Suffolk. Those meals will be for homebound clients in all areas covered by Senior

Services, Ellis said.

Anyone wishing to volunteer for the September packing and delivery of emergency meals, or for other Senior Services programs, should call La Tasha Hill-Sanderlin, volunteer coordinator for Senior Services, at 757-461-9481.

Zumbathon Raises Funds for Senior Services

Pom-Pom Tillerman's "Young and Young at Heart" Zumbathon Helps Seniors Across Hampton Roads

Pominisa "Pom-Pom" Tillerman and her team have danced up another great Zumbathon fundraising event to help seniors live with choice and dignity in their communities as well as to promote good health and fitness for the entire family.

Tillerman organized the July 13 "Young and Young at Heart" Zumbathon at St. Mark's United Methodist Church in Hampton to raise money for Senior Services of Southeastern Virginia and the Peninsula Agency on Aging. The three-hour Zumbathon attracted participants of all ages and raised \$302 for each organization.

This was the second Zumbathon that Tillerman led for Senior Services and the Peninsula Agency on Aging. She hopes to make it an annual event, said Lorraine Kohart, communication associate for Senior Services.

For more information about Zumba and ongoing classes, please call Pominisa "Pom-Pom" Tillerman at 757-814-1692.

If you represent a business or community organization and would like to consider holding a fundraiser to benefit Senior Services of Southeastern Virginia, please contact Debbie Schwartz, director, Director of Development and Community Relations at 757-461-9481.

Thank you, again, to Pom-Pom Tillerman and all the Zumbathon participants!



Lorraine Kohart, left, of Senior Services of Southeastern Virginia, and Nona Veasey, right, of the Peninsula Agency on Aging, accepted their agencies checks from the July 13 "Young and Young at Heart" Zumbathon fundraiser organized by Pominisa "Pom-Pom" Tillerman, center.

CFA Affiliate Highlight

St. Paul Church of Christ Disciples

Senior Services is pleased to welcome one of our newest CFA Affiliates, St Paul Church of Christ Disciples in Norfolk.

On Saturday, July 26, 2014, Pastor Antonio R. Woolard hosted a community information workshop, inviting Senior Services' Community Outreach representative, Iris James to spend the morning visiting with the churches' senior congregants and guests from around the Barraud Park community. As everyone enjoyed a delicious brunch prepared by the church kitchen, James discussed the many programs and services the agency has to offer, stressing that Senior Services is a valuable resource in the community, not only in the way of services for seniors, but advocacy as well. James also shared how the participants can get involved with the agency through volunteering their time and talents.

Pastor Woolard, who has been pastor since August 2001, and the members of St. Paul COCD have partnered with many community-based, state and federal agencies to fulfill their outreach ministry. That ministry includes food and clothing distribution, senior living visitation, fundraising, and jail ministry. The church also has a strong youth mentorship program, reaching out to youth in the community through its We Care Ministries, Stop the Violence Youth Alive Program in Barraud Park, and participates in FBI

Regional Center Gang Prevention activities.

St. Paul's is located near Norfolk's Barraud Park at 2238 Courtney Avenue.



Pastor Antonio R. Woolard, St Paul Church of Christ Disciples in Norfolk, second from left, enjoys a warm moment with some of the church's senior congregants at the July 26 community information workshop.

Quote

"It is never too late to be what you might have been."

- George Eliot

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Look for the next E-News edition of Coastal Virginia Senior News coming mid-September 2014.