

LOUDOUN SENIOR INTEREST NETWORK (LSIN)

www.loudounseniors.org

MEETING MINUTES

April 7th, 2010

1. Meeting opened by **Ray Mauk, RE/MAX Select**, LSIN Chair.
703-771-2345 x 345, Ray@RayMauk.net **Mary Jane Barney Butler, L.S.I.N. Co-Chair.**
Area Agency on Aging, 703-771-5600, MaryJane.BarneyButler@loudoun.gov
2. **Member Introductions.** Member roster is being passed around, please update.
Sign up for **Spotlight 2010, September and October.**
3. **Minutes of meeting** held on March 3rd, approved.
4. **Treasurer's Report, Travis Kelley, Homewell Senior Care**, 703-662-7500,
travis.kelley@homewellva.com. Current balance is \$15,025.72. Expo expenses to be paid.
5. **LSIN web site.** www.loudounseniors.org To update your information please contact
Joyce Cimbalista, jcimbalista@hotmail.com. Events Page for LSIN members, fill out your
event information and it will be posted on the site. Check the events page for senior events.
6. **LSIN Spotlight: Elisa Kahn, Home Care Assistance**, 703-356-4333,
ek@homecareassistance.com Home Care Assistance is a national home care company
providing CNAs for senior home care. Closely supervised by care managers, Home Care
Assistance caregivers are trained in the exclusive **Balanced Care Method™** where they study
nutrition, fitness and mental stimulation in order to enhance senior's health and wellness. The
Balanced Care Method is based on the studies of the extraordinarily long-lived elders in the
Okinawa region of Japan where life spans of over 100 years are not unusual. The Balanced
Care Method seeks to capture some of the lifestyle factors that go towards creating such long-
lived and healthy people. Its philosophy can be summed up in two words: moderation and
variety. Components include: Healthy Diet, Physical Activity, Sharp Mind, Social Ties,
Calmness and Purpose. They are privately owned franchises and will travel anywhere in
Loudoun Co. and NVA. They not only assist seniors with ADLs, they do housekeeping, lawn
work, shopping trips and many other requested services. Home Care Assistance when Living
at Home is the Best Way to Live!
For more information call Elisa, or visit www.homecareassistance.com

Brent Redfearn, Miracle Method Surface Restoration,

703-774-3100, bredfearn@miraclemethod.com Miracle Method Surface Restoration is the
largest refinisher in the country. First established in Sacramento, they have been in business
for over 30 years. They specialize in counter tops, bath tubs, vanities, tile floors, fiber glass
units, sinks and tub surrounds. Their color swatches are extensive; with 19 different whites
they can easily match a 1985 bath tub. They use Discovery Finishing which is an acrylic spay
on coating, stronger than laminate and MM4 bonding product. The Miracle Method can update
a kitchen or bath in a day. The average tub will cost \$495 to restore. Replacing and updating
can be costly as demolition causes damage and involves plumbing and electric. Restoration
may be the most cost effective answer. They are as green as they can be with ISO free
products. The **Easy Step™** program along with recommended safety features will make a
home more senior friendly and easier to maintain independent living.

Don't replace refinish. Refinishing can extend the useful life of your existing bath and kitchen
fixtures for up to 15 more years.

For more information call Brent or visit www.miraclemethod.com

7. Announcements:

Susan Balinger, Sunrise Senior Living, 703-777-1971, leesburg.dcr@sunriseseniorliving.com The Senior Expo will be held at The Community Church, Ashburn on Thursday, May 6th. If you have not already registered, register on line at www.loudounseniors.org. We received a thank you for organizing the Expo from Congressman Wolf and he is invited to attend the Expo. Remember to bring your giveaways and door prizes. No set up before 2:00pm. Vendor Check-in procedure is on the website under the helpful links, Everything about Expo 2010.

Ann Dodd, Leesburg Pharmacy, 703-737-1037, ann@leesburgpharmacy.com . Come and enjoy the Spring Fling at the Plaza and visit Leesburg Pharmacy on Saturday, May 1st. There will be screenings such as bone density from 10-2:00pm.

Mary Ellen Knecht, 703-390-2300, meknecht@medteam.com Health Fitness Fair at Leisure World on Friday, April 9th from 10-2:00pm. The Medical Team will have a booth at the fair.

Jack Frear, Rust Library – Outreach, 703-771-5621, jack.frear@loudoun.gov. The Rust library outreach program has survived the budget cuts. They will be able to continue to visit Assisted Livings and Nursing Homes.

Jean Unger, Elder Care Strategies, 703-723-9797, jeanunger1@verizon.net Networking event, April 15th 3-7:00pm, 20820 Cross Timber Drive, Ashburn, VA 20147. This is a time to reach out and get to know others who work with our senior community. RSVP 703-723-3737.

Peggy Bonsee, Life Coach, 540-592-3538, pbonsee@aol.com In addition to retirement and renewal coaching Peggy is offering a new service as a ReCareer Coach. With company cut backs and downsizing many are looking at different career paths or working after retirement to recover lost funds. The second half of life brings questions, choices, often overwhelming. Individualized ReCareer Coaching helps during times of transition.

Patti De La Rosa, Capital Hospice, 703-850-6502, pdlrosa@capitalhospice.com Patti distributed the Quality of Life Matters booklet. As Hospice use continues to grow, late referral results in “short Hospice experience”. Key Indicators for Referral to Hospice Care are available on their website, www.capitalhospice.com

Amy Shelton, Loudoun Volunteer Caregivers, 703-779-8617, ashelton@lvcaregivers.org Andrew McKnight and other musicians will gather at the Shenandoah Coffee House, 8:00pm at the Unitarian Church for a fundraiser. \$30.00 donation and food donations for Interfaith accepted.

Kelly Besecker, AFrame Digital, 571-308-0147, Kelly@afamedigital.com The wrist watch all-in-one system for monitoring and managing resident health and safety.

Marlene Zaborsky, Guide to Retirement Living, 703-992-1102, marlene@proaging.com List events and open positions on www.guidetoretirementliving.com New online media kits. Summer 2010, Shenandoah Valley and Blue Ridge will have a Resources for Seniors flyer.

Chuck Rickwald, Caring Transitions, 703-880-6620, crickwald@caringtransitions.net
Senior Moving, Downsizing and Estate Sales offering a total solution with minimum stress and maximum results. All inclusive services customized to needs. www.caringtransitions.net

Andrea Brown, Sommerset, 703-450-6411, awbrownsr@yahoo.com Welcome Home to Sommerset Retirement Community, www.sommersetretirement.com One and two bed apartments with all-inclusive luxurious services and amenities.

Jared Melvin, New York Life, 571-426-2139, jared@oldtowninsurance.com
Assisting small business owners with adequate and affordable health insurance for their employees.

Janet Hanchuck, Professional Organizer & Home Stager, 703-282-1155, loudounhomeconsulting@yahoo.com Working with Ashby Ponds to assist new residents with their move to senior independent living.

Sebastian Graham, BestCare Home Care, Inc. 703-497-2273, graham@bestcarehomecare.com Quality in home care for an hour or 24 hours.

Mary Jane Barney Butler, Area Agency on Aging, 703-771-5600, MaryJane.BarneyButler@loudoun.gov Distributed copies of the PRCS Spring Activity Guide www.loudoun.gov/prcs and information on the CrisisLink, when crisis calls we answer. Free and confidential 24/7 program, 800-273-TALK, 800-SUICIDE, www.crisislink.org

The next LSIN meeting will be held on Wednesday, May 5th at 9:00am.
The Rust Library, 380 Old Waterford Road, N.W., Leesburg, VA 20176, 703-777-0323.

Maureen Clarke, LSIN Secretary, Morningside House of Leesburg.
703-777-2777, mclarke@morningsidehouse.com; www.morningsidehouse.com