LOUDOUN SENIOR INTEREST NETWORK (LSIN)
www.loudounseniors.org
MEETING MINUTES
August 4th, 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, October and November.**

3. **Minutes of meeting** held on July 7th, approved.

4. **Treasurer's Report, Travis Kelley**, **HomeWell Senior Care**, 703-662-7500, travis.kelley@homewellva.com. Current balance is $7,126.99.

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: AFrameDigital, 571-308-0147,** Kelly@aframedigital.com
   AFrame Digital is a health monitoring system that allows seniors to live in their home or a LT Care environment safely and it is FDA approved. This system is to assist staff not replace them. It looks like a sports watch and comes with a band in pink, green, blue or black, monitoring overall health and falls protection.
   Bumps and slips are monitored and an alert is automatically given, so no push buttons are necessary; 4 out of 5 seniors are not able to push buttons. Devices are placed throughout the home, bathroom, living room and bedroom or porch if person is outside often. The device tracks patterns and will note changes. Example situation, wife taking care of husband with Alz. is afraid to sleep or nap incase he leaves the home, the AFrame watch will lock doors as he approaches. A person's exertion, activity or decline will be noted each month and each watch is calibrated differently to suit lifestyle. Blood oxygen, glucose levels are monitored and UTIs can be diagnosed sooner. It will alert if you are not wearing the device; it is waterproof and needs to be charged once a week. Costs on average $50-60 per month and next year will have a GPS added. For more information visit www.aframedigital.com

   Armor Medical Supply, Anthony Stephen, 703-858-5444 a.stephen@armormedical.com
   Armor Medical, "The best way to serve and protect your patients" has two locations in the area, Lansdowne, 703-858-5444 and Fairfax, 703-204-1313 and they provide a wide range of home medical equipment to help improve the quality of life for patients with special needs. This family owned and operated company was founded when his grandmother was having difficulty trying to find services and equipment. After rapid response insurance verification, hospital beds (automatic at no additional cost), oxygen concentrators, lifts, walkers and wheelchairs are all delivered same day or next day. They also provide urology and incontinence supplies everything that a home bound person would need delivered. Armor medical has its own delivery service with trained staff to educate on equipment use for patients and their family and they are Medicaid and Medicare approved. Satisfaction is guaranteed, for more information visit www.armormedical.com.

7. **Announcements:**

   Kelly Besecker, AFrame Digital, 571-308-0147, Kelly@aframedigital.com Call or email to set up a demonstration of the AFrame Digital watch device.

Susan Balinger, 703-431-3864 slmertz@aol.com After 17 years with Sunrise Senior Living, Susan will be marketing the new Assisted living in Leesburg, Spring Arbor opening early next year.

Lee Allison Boris, Leesburg Pharmacy, 703-777-5333, assistedliving@leesburgpharmacy.com Leesburg Pharmacy is 34 years old and everything in the store except alcohol and medications will be 34% off on August 20th and 21st. This is an annual tradition so look out for 35% next year.

Theresa Rinehart, Loudoun Co. Adult Day Center, 703-771-5334, Theresa.r.rinehart@loudoun.gov The Adult Day Center is in search of a person to lead activities. Contact the Day Center for more details.

Andrea Brown, Morningside House of Leesburg, 703-777-2777, abrown@morningsidehouse.com Come by and take a tour of Morningside House. We offer Respite Care, short term stays and we have PT, OT on site. www.morningsidehouse.com

Sandra Fields, Great Falls Memory Care, 703-421-0690, sfields@greatfallsassistedliving.com Drop by for a tour, now accepting reservations. Great Falls is participating in the Memory Walk candle light rally on September 26th at 5:00pm.

Joan Thomas, Birmingham Green, 703-257-0935, jthomas@birminghamgreen.org The newly refurbished Birmingham Green located in Manassas and serving the community since 1927 has a room available for $1,839 per month.

Marlene Zaborsky, Guide to Retirement Living, 703-992-1102, marlene@proaging.com List events and open positions on www.guidetoretirementliving.com The deadline for the Fall book is August 6th, deadline for copy is August 13th. Place your events and open position ads free of charge.

Laurie MacNaughton, Wells Fargo Senior Finance, 703-477-1183, laurie.l.macnaughton@wellsfargo.com Senior Finance Specialist looking for in home health care providers for clients. Please send her details of your home care company.

Sheri Anderson, Capital Hospice, 703-669-5248, sanderson@capitalhospice.org Good Morning Mixer! Capital Hospice invites you to a coffee and pastry networking experience at Starbucks of Countryside, 3 Pidgeon Hill Drive, Sterling, VA 20165 on September 15th from 9:00 to 10:30am. Please RSVP to Melissa Wertz, 703-217-5009 or mwertz@capitalhospice.org

Mary Jane Barney Butler, *Area Agency on Aging*, 703-771-5600, maryjane.barneybutler@loudoun.gov Area on Aging has a small grant funded program for families in need of a fan. Resident must be over 60 years and a two person household income should not exceed $1,850 monthly. Contact Mary Jane for more details; they do have a few fans still available.

Jack Frear, Rust Library – Outreach, 703-771-5621, jack.frear@loudoun.gov. The Rust Library opens at 10:00am. Jack opens the library early for the LSIN members at 8:40am and it will close at 9:20am. Members arriving earlier or later will not have access to the meeting.

The next *LSIN meeting will be held on Wednesday, August 4th 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