

## LOUDOUN SENIOR INTEREST NETWORK (LSIN)

[www.loudounseniors.org](http://www.loudounseniors.org)

### MEETING MINUTES

December 1<sup>st</sup>, 2010

1. Meeting opened by **Ray Mauk, RE/MAX Select**, LSIN Chair.  
703-771-2345 x 345, [Ray@RayMauk.net](mailto:Ray@RayMauk.net) **Mary Jane Barney Butler, L.S.I.N. Co-Chair.**  
**Area Agency on Aging**, 703-771-5600, [MaryJane.BarneyButler@loudoun.gov](mailto:MaryJane.BarneyButler@loudoun.gov)
2. **Member Introductions.** Member roster is being passed around, please update.  
Sign up for **Spotlight 2011.**
3. **Minutes of meeting** held on November 3<sup>rd</sup>, approved.
4. **Treasurer's Report, Travis Kelley, HomeWell Senior Care**, 703-662-7500,  
[travis.kelley@homewellva.com](mailto:travis.kelley@homewellva.com). Current balance is \$7,226.99, no change.
5. **LSIN web site.** [www.loudounseniors.org](http://www.loudounseniors.org) To update your information please contact  
**Joyce Cimbalista**, [jcimbalista@hotmail.com](mailto: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. **Senior Expo 2011 update: Susan Balinger**, Spring Arbor, 703-777-9300,  
[lbnktg@hhhunt.com](mailto:lbnktg@hhhunt.com) The committee has secured The Community Church, Ashburn as the  
site for the Senior Expo 2011. This is the same location. Vendor booths will be \$175 before  
April 1<sup>st</sup> and \$200 after this date. Small non profits will pay \$100 all others will pay the regular  
costs. Travis Kelley will have PayPal up and running in January. There will be bags for  
seniors and this is an opportunity for sponsorship, 8 available. Bags will be stuffed with one  
giveaway and one collateral piece per vendor. Contact the committee for sponsorship  
information.
7. **LSIN Spotlight: Leah Daily and Josh, Heartland Hospice**, 703-273-8693,  
[ldaily@hcr-manorcare.com](mailto:ldaily@hcr-manorcare.com) Heartland Hospice provides specialized care that meets the  
physical, emotional and spiritual needs of patients and loved ones facing the challenges of an  
advanced illness. The quality of life is enhanced by encouraging personal choices, supporting  
meaningful experiences and preserving dignity. Heartland is committed to providing comfort of  
the mind, body and spirit. Specially trained staff helps manage pain and symptoms, thereby  
enabling patients to live their lives as fully as possible. Heartland has a sister organization,  
Heartland Memorial Fund giving donations to research and giving back to the community.  
Josh works with veterans with PTSD, assisting veterans and their family members.  
Heartland also has a fragile patient program. Not everyone is eligible for hospice so Heartland  
offers free consultations and monthly checks.  
Heartland is one of the best kept secrets so lets spread the word in Loudoun County to those  
in need of their services. For more information [www.hcr-manorcare.com/home/hospicecare](http://www.hcr-manorcare.com/home/hospicecare)

**Kelly Besecker, AFrame Digital**, 571-308-0147, [Kelly@AframeDigital.com](mailto: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 wrist band in pink, green, blue or black,  
monitoring overall health and movement patterns.

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. A person's exertion, activity or decline, falls, bumps and  
impact detection will be noted each month and each watch is calibrated differently to suit  
lifestyle.

Once the AFrame Digital device has been worn for a while it picks up trends and will note changes, e.g. a restless, sleepless night with many trips to the bathroom. 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. AFrame Digital works with health care professionals to monitor devices, they do not rent directly to the public. The caregiver station is a 2 way system; care staff can let the senior know that help is on the way. They can be programmed to an iPad or PDA.

The monitoring system is Predictive, Proactive and Personalized, costs on average \$50-80 per month and will have GPS added soon. If you would like to become a reseller contact Kelly or for more information visit [www.aframedigital.com](http://www.aframedigital.com)

## 8. Announcements:

**Nathan Myers, Edward Jones**, 703-771-2079, [nathan.myers@edwardjones.com](mailto:nathan.myers@edwardjones.com) . Edward Jones, Financial services.

Monthly meetings starting in January on the 3<sup>rd</sup> Thursday of each month, 11:30 at Tuskie's downstairs in the wine cellars.

**Jared Melvin, Loudoun Insurance Group**, 571-426-2139, [jared@loudouninsurancegroup.com](mailto:jared@loudouninsurancegroup.com) covering Loudoun and Fairfax County and VP for membership of the Loudoun County Chamber of Commerce, [www.loudounchamber.org](http://www.loudounchamber.org). The Chamber of Commerce Holiday Open House will take place on Wednesday, December 15<sup>th</sup> from 1 to 5 pm at the Chamber offices in Lansdowne.

**Katherine Owens, Arden Courts**, 7/433-7530, [369-mktg@hcr-manorcare.com](mailto:369-mktg@hcr-manorcare.com)  
Arden Courts of Fair Oaks, Thank you for attending the educational seminar: Financial Options for Long Term Care, presented by: Mark Christopher, Attorney at Law, Yates, Campbell & Hoeg, LLP and Jared Melvin, Loudoun Insurance Group.

**Bonnie LaMay, Meadow Glen**, 703-869-4529, [BonnieLamay@meadowglen.net](mailto:BonnieLamay@meadowglen.net) Open House for Seniors, Wednesday, December 15<sup>th</sup>, 10-4:00pm. Encourage seniors to attend, have some lunch and make a one-of-a-kind holiday decoration, silk scarf or fabric jewelry. R.S.V.P. by December 13<sup>th</sup> 703-737-6149.

**Joan Thomas, Birmingham Green**, 703-257-0935, [jthomas@birminghamgreen.org](mailto:jthomas@birminghamgreen.org)  
The newly refurbished Birmingham Green located in Manassas and serving the community since 1927. The District Home Assisted Living has an opening available for \$1,830 per month. They offer respite, and will consider short stay agreements as well.

**Katie Framer**, Advance Home Health Care, LLC. 703-421-CARE. Katie is the new Marketing Director at Advance Home Health Care.

**Jaime Centrone, Touching Hearts at Home**, 703-880-2547, [Jaime@touchinghearst.com](mailto:Jaime@touchinghearst.com) : Thank you to everyone who supported and voted for Touching Hearts at Home for the 2010 Loudoun County Small Business Awards. There were over 260 small business nominations and Touching Hearts was honored to be announced the winner of "Franchise of the Year" at the Small Business Gala on November 4, 2010! We are very thankful for all the support and referrals to Touching Hearts. Our amazing team of caregivers and support staff set us apart and we're so proud of our company. Thank you.

**Melanie Pearse, Amerisist**, 540-270-3336, [mpierce@amerisist.com](mailto:mpierce@amerisist.com) Front Royal and Stephens City communities are looking for speakers for their senior living meetings.

**Pamela Navari, Sommerset Retirement Community**, 703-450-6411, [pnavari\\_src@yahoo.com](mailto:pnavari_src@yahoo.com) Pamela is the new marketing contact. Please refer seniors looking for Independent Living.  
Sommerset is a drop off location for Toys for Tots.

**Amy Ohm, Treatment Diaries.Com.** Connect, Share, Inspire. 703-727-2521, [amy@treatmentdiaries.com](mailto:amy@treatmentdiaries.com) This is a social network, an online support group providing information exchange between people with like medical conditions. Membership is free. Sponsorship is available. [www.TreatmentDiaries.com](http://www.TreatmentDiaries.com)

**Susan Balinger**, Spring Arbor, 703-777-9300, [lbnktg@hhhunt.com](mailto:lbnktg@hhhunt.com) The new ED is Zoie Nikov and they hiring support staff for Spring Arbor Assisted Living.

**Jean Unger, Elder Care Strategies**, 703-389-1096, [jeanunger1@verizon.net](mailto:jeanunger1@verizon.net) Elder Care Strategies is in search of 2 nurses with experience for Winchester and Loudoun counties.

**Jill Rosen, Golden Living at Home**, 703-218-1841, [rosen@goldelivingathome.com](mailto:rosen@goldelivingathome.com)  
Jill is looking for a Spanish speaking caregiver, 3 days per week 5-7pm, perfect as a second job caring for a 91 year old lady.

**Betsy Sue Scott, Esq.**, Law Office of Betsy Sue Scott, 703-871-5070, [info@bsscottlaw.com](mailto:info@bsscottlaw.com)  
SAVE the DATE - April 9th - for the Senior Symposium. Presented by the Loudoun Chapter of the Virginia Women Attorney's Association (VWAA) Time: 9am to noon. Place: Leesburg Baptist Church, Leesburg. For more information about the program and sponsorships available, contact Betsy Sue.

**Joan Thomas, Birmingham Green**, 703-257-0935, [jthomas@birminghamgreen.org](mailto:jthomas@birminghamgreen.org)  
The newly refurbished Birmingham Green located in Manassas and serving the community since 1927. The District Home Assisted Living has an opening available for \$1,839 per month.

**Jack Frear, Rust Library – Outreach**, 703-771-5621, [jack.frear@loudoun.gov](mailto:jack.frear@loudoun.gov).  
Books by mail and E-Library available. No fines or late fees. 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 room.

**The LSIN meetings will be held on the first Wednesday of the month 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](mailto:mclarke@morningsidehouse.com); [www.morningsidehouse.com](http://www.morningsidehouse.com)