

LOUDOUN SENIOR INTEREST NETWORK (LSIN)

www.loudounseniors.org

MEETING MINUTES

February 2nd, 2011

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 May and June **Spotlight 2011.**
3. **Minutes of meeting** held on January 5th, approved.
4. **Treasurer's Report, Travis Kelley, HomeWell Senior Care**, 703-662-7500,
travis.kelley@homewellva.com. Current balance is \$7,226.99, no change.
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. **Senior Expo 2011 update: Susan Balinger**, Spring Arbor, 703-777-9300,
lhmktg@hhhunt.com Register on line through PayPal for vendor booths
www.loudounseniors.org. Register now to get prime location. Sponsorship opportunities
available at the Expo, giveaways, bags for seniors. Bags will be stuffed with one giveaway
and one collateral piece per vendor. Contact the committee for sponsorship information.
7. **LSIN Spotlight: Kate Owens, Arden Courts of Fair Oaks**, 703-383-0060, 369-mktg@hrc-manorcare.com Arden Courts has been designed for individuals diagnosed with Alzheimer's disease and other types of memory impairments. They offer the services traditionally associated with an assisted living, while taking into account the special needs of individuals with memory loss including safety, building layout, activities and dietary needs. The focus is on meeting preferences, maximizing capabilities and fostering maximum independence. The Engagement Therapy Treatment (ETT) program is designed specifically for residents living with memory loss. This innovative approach integrates unique life experiences of the past with present interests. Programs are based on functional abilities and maximize these abilities in a therapeutic environment. Data is gathered from family before moving in and residents are paired with others of similar ability to maximize the highest level of cognitive ability. An example of an ETT program is Chinese calendar. Which year were you born and which animal is associated with that year? Who was born in the year of the snake? What does this mean? What is the history of the fortune cookie? This is the year of the rabbit, what does this mean? Residents and staff become involved and all residents are able to participate. Staff gets to know the residents and how best to approach and engage each one. The Manor Care skilled centers provide more intensive monitoring and assistance than the assisted living setting for residents with late stage Alzheimer's disease.
For more information visit www.hcr-manorcare/ardencourts/fairoaks.com

Amy Ohm, TreatmentDiaries.com, 703-727-2521, amy@treatmentdiaries.com

Treatment Diaries is a social network for people who are suffering from, living with or caring for someone with a chronic illness. This community is a supportive sounding board; they share experiences, they offer advice, they care. Treatment Diaries, Your Dairy, Shared Healing. Everyone either is a caregiver or knows someone who is caring for a loved one. 90% of seniors have at least one chronic illness and 77% have two or more. There are 9 million cancer survivors in the United States.

Who is in need of care? Caregivers, patients, family members, advocates, medical community, everyone needs support and an avenue to seek support from others and Treatment Diaries offers the 'you are not alone' experience.

This is a free social network where you can write your journal, connect with others, rant and release, share and support. A real information exchange between real people with similar circumstances. There is complete anonymity as you can use a screen name and you can have public or private diaries. Treatment Diaries is on Facebook and Twitter.

There are sponsorships and links available for companies; sponsor a condition page. Contact Amy for more details.

Share, Connect and Inspire others. For more information visit www.treatmentdiaries.com and read the diary entries and the blogs.

8. Announcements:

Katie Farmer, Advanced Home Care, LLC 703-421-CARE, Katie@advancehc.com

Advance Home Health Care now offers personal care services, in addition to skilled nursing and rehabilitation services.

Andrea Brown, Morningside House of Leesburg, 703-777-2777,

abrown@morningsidehouse.com St. Valentine's breakfast at Morningside House sponsored by Heartland Hospice, Monday, February 14th at 8:30 to 10:00am. Don't be late for a very important date... The Mad Hatter Tea Party, Thursday March 10th, 2-4:00pm Morningside House, 316 Harrison Street, SE, Leesburg, VA 20175. By order of the Queen of Hearts R.S.V.P. abrown@morningsidehouse.com or Andrea 703-777-2777.

Leah Daily - Heartland Hospice - 703-910-1075 - ldaily@hcr-manorcare.com Please join us for Valentine's breakfast at Morningside House, February 14, 8:30 to 10:00 am. Come and meet the Heartland Team.

Sheryl Martin, Quail Creek Gifts, 540-338-3257, smartin@quailcreekgifts.com

Contact Sheryl for your Senior Expo giveaway gifts. Sheryl Martin of Quail Creek Gifts offers promotional products and logo apparel. If you are participating in the upcoming Senior Expo, please let her know and she can provide you some ideas for giveaways, tablecloths or even clothing to advertise your business.

Susan Balinger, Spring Arbor, 703-777-9300, lbnktg@hhhunt.com Opening is on schedule and Spring Arbor will open for residents February 21st. The first week in March stop by for a sneak peak. The Grand Opening will be in April.

Tony Schaffer, Schaffer Construction, 703-443-1861, info@shafferconstruction.com Stair Lift Installation expert of the year. Advertise in the 2011 Fall Prevention Handbook & Resource Directory and be in the spring edition of the Source Book. See Marlene's announcement below for more details.

Sandra Fields, Great Falls Assisted living, 703-421-0690,

sfields@greatfallsassistedliving.com **Thursday, February 10th from 4 to 6 PM - Valentine's Day Taste of Chocolates and Open House**

Come and enjoy chocolate martinis, other chocolate treats and appetizers while you visit and tour. Challenge yourself and bring a colleague or friend. This event is open to professionals, families and friends. R.S.V.P. by February 8th.

Great Falls Assisted Living; 1121 Reston Avenue, Herndon, VA 20170 – 703. 421.0690.

Sunday, February 20th enjoy a Pancake Breakfast, 9:00 -11:00am. Choose your favorite topping.

Saturday, February 26th from 10 to 11:30 AM - An education program on "**Medicare, Medicaid and Veteran Benefits . . . What YOU Should Know.**" Are you prepared to assist your parents or loved one? What do you need to navigate the system? Speakers: Jodi Lyons, Geriatric Care Manager and Mindy Felinton, Attorney at Law. This event is free and open to the public. RSVP by February 24, 2011, Great Falls Assisted Living.

Betsy Sue Scott, Law Office of Betsy Sue Scott, 703-871-5070, 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 Scott, Esq., 703-871-5070 or info@bsscottlaw.com

Nathan Myers, Edward Jones Investments 703-771-2079, nathan.myers@edwardjones.com The Annual Leisure World of Virginia Health Fair will be held on Friday April 29th from 10 am-1 pm. Contact Lindsay at Leisure World of Virginia 703-723-1501 fitness@lwva.org for more details.

Katie Owens, Arden Courts, 703+383-0060, 369-mktg@hcr-manorcare.com
Arden Courts is collaborating on a 6 hour CE event for administrators and social workers on Sexuality and Seniors. Event being held at Arden Courts of Annandale. Let me know if you would like to register!

Cheri Reid, Evercare Hospice, 703-434-9033, cheri_reid@uhc.com The 2011 Senior Expo is fast approaching. We are offering advertising opportunities for the resource book that will be going out to all the vendors and seniors. In addition, we have sponsorship opportunities on the giveaway bags. Please contact Cheri Reid at cheri_reid@uhc.com for more information.

Marlene Zaborsky, Guide to Retirement Living, 703-992-1102, marlene@proaging.com
The Guide to Retirement Living SourceBook is partnering with the **Northern Virginia Fall Prevention Coalition** (NVFPC). We are going to be publishing their printed HANDBOOK.RESOURCE DIRECTORY in our Spring/Summer issue and will also feature 5000 standalone copies distributed throughout Northern Virginia. Your membership in the NVFPC is the first step. Only paying members can take advantage of these opportunities to reach seniors, families and influential professionals. To become a member of the Coalition go to NVFPC.org. Advertising in the Directory is \$375 (ad size 3.369" x 1.6012"). Call Marlene Zaborsky to place your ad at 1-800-394-9990 ext.1102 or email: marlene@proaging.com . Deadline is early March.

Joan Thomas, Birmingham Green, 703-257-0935, 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. Birmingham Green offers respite, and can provide APS and extended stays.

Jared Melvin, Loudoun Insurance Group, 571-426-2139, jared@loudouninsurancegroup.com covering Loudoun and Fairfax County and VP for membership of the Loudoun County Chamber of Commerce, www.loudounchamber.org. If you are serving seniors in Loudoun County and surrounding areas through home health care, AL or IL facilities, hospice or palliative care, then I would like to invite you to a round table discussion on funding long term care.
First goal is that I would like to learn from you how to better serve our senior community and their families and caregivers. The second is for you to be able to ask any questions that you may have about: 1) the options that are out there today to fund long term care? 2) How the policies that you are seeing in action right now are working? 3) How the health care reform law's CLASS Act might change the dynamics? or 4) any other questions you may be getting from clients and their adult children.

To better facilitate this discussion and to make sure all questions are answered that you may have, I plan to limit the attendees to around ten for this initial discussion, so please RSVP as soon as possible if you are interested in attending. 571-426-2139 or jared@loudouninsurancegroup.com Date: Thursday, February 17 at 9 am. 604 S. King Street, Ste 101 Leesburg, Va. Please forward info to others in your organization who may be interested in attending.

LeeAnn Philbin, Home Instead Senior Care, 703-464-1268, leeanne.philbin@homeinstead.com INOVA Loudoun Hospital. Fund raiser for growth and hospital equipment. "Springtime in Paris" at the Belmont County Club in Ashburn. 250 donor supporters, physicians and hospital personnel will attend. There will be a silent auction.

Mary Ellen Knecht, RN, The Medical Team, 703-390-2300, meknecht@medteam.com
Register for the Senior Expo on line www.loudounseniors.org

Pamela Navari, Sommerset Retirement Community, 703-450-6411, pnavari_src@yahoo.com Upcoming event. NARC luncheon will be held at Sommerset Retirement Community on March 2, 2011 @ noon. R.S.V.P.

Jack Frear, Rust Library – Outreach, 703-771-5621, jack.frear@loudoun.gov.
Books by Mail and E-Library available. No fines or late fees. Request an application for books by mail by calling 703-771-5621 or visit the web site www.library.loudoun.gov The Rust Library opens at 10:00am. Jack opens the library early for the LSIN members at 8:40 am. When members arrive earlier than 8:40am or later than 9:20am, the door will be closed.

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; www.morningsidehouse.com