

## LOUDOUN SENIOR INTEREST NETWORK (LSIN)

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

### MEETING MINUTES

January 5<sup>th</sup>, 2011

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 December 1<sup>st</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,  
[lbmktg@hhhunt.com](mailto:lbmktg@hhhunt.com) Register on line through PayPal for vendor booths  
[www.loudounseniors.org](http://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: Pat Schoof-Knauer, RN, HealthSouth**, 571-357-0208,  
[patricia.schoofknauer@healthsouth.com](mailto:patricia.schoofknauer@healthsouth.com) HealthSouth Rehabilitation Hospital of Northern  
Virginia has opened their 105<sup>th</sup> location in Aldie. This private 40 bed hospital provides a higher  
level of rehabilitative care to patients recovering from stroke and other neurological disorders,  
brain and spinal cord injury, amputations, orthopedic, cardiac and pulmonary conditions. With  
the latest rehabilitation technology and a team approach HealthSouth, with greater physician  
involvement offers PT, OT, ST rehab services. There are only RNs caring for patients no  
LPNs or CNAs; 1RN for every 4 patients and 1PT for every 3-4 patients. Someone is with the  
patient all day, good for emotional well-being. The complete team meets with the patient to  
discuss therapy and progress and this results in a faster recovery. Primarily hospital,  
physician referrals there is no 3 day requirement so you may come straight from home. They  
take all insurances except Kaiser, 3+ hours 5-7 days a week, yes they offer therapy on the  
weekends. HealthSouth has an auto ambulator that has been developed to help stroke  
patients retrain muscles to walk again and it tracks their progress.  
VitalStim therapy to activate the muscles in the throat, Reo therapy to train the arms and  
improve upper body strength, Bioness to increase range of motion and Saeboflex exercises to  
increase shoulder, elbow and wrist motion.  
Contact Pat for patient assessments. Come and visit during the Proaging event on February  
3<sup>rd</sup> for a tour of this state of the art facility. RSVP on [www.proaging.com](http://www.proaging.com)  
For more information visit [www.healthsouth.com](http://www.healthsouth.com)
8. **Announcements:**  
**Sharon Lloyd-O'Connor, Loudoun County Department of Family Services**,  
703-771-536, [sharon.lloyd.oconnor@loudoun.gov](mailto:sharon.lloyd.oconnor@loudoun.gov) The second Loudoun-held Eden At Home  
Care Partner Workshop is aimed to take place by the end of February. The workshop is four  
three-hour sessions for a maximum of 12 people. Two participants should be either an elder  
or a family member of an elder.

There will be additional Care Partner workshops as well as Trainer Certification workshops (three-days) throughout the year. Trainer Certification workshops equip participants to lead Care Partner Workshops, thereby expanding at an accelerated rate the advancement of elder centered care.

Anyone wishing to participate in a workshop may reach me at 703-771-5360 or [Sharon.lloyd.oconnor@loudoun.gov](mailto:Sharon.lloyd.oconnor@loudoun.gov)

The Pioneer Network, which is collaborating with the Virginia Cultural Change Coalition in a statewide community outreach initiative. Leaders of this initiative are seeking facilitators for small group meetings.

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

**Marlene Zaborsky, Guide to Retirement Living**, 703-992-1102, [marlene@proaging.com](mailto:marlene@proaging.com)  
SourceBook will hold their next ProAging Meeting on Thursday, February 3 from Noon to 2pm at the HealthSouth Rehabilitation Hospital (the newest acute rehab hospital in the metro region) at 24430 Millstream Drive, Aldie, VA. This FREE lunch meeting will focus on Fall Prevention & Rehabilitation. Please RSVP to [rsvp@proaging.com](mailto:rsvp@proaging.com) seating is limited. If you need more information go to [www.proaging.com](http://www.proaging.com) and click on events and go to Feb. 3<sup>rd</sup> or call Marlene Zaborsky at (703) 992-1102. If due to weather and Loudoun County Public Schools are closed, the meeting will be held on Feb. 10<sup>th</sup>.

**Betsy Sue** Scott 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 Scott, Esq., 703-871-5070 or [info@bsscottlaw.com](mailto:info@bsscottlaw.com)

**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).  
**Monday, 1/10 at 8 am** – Join Loudoun County Chamber members, VIPs and other guests as they have the exclusive opportunity to meet with members of the **Loudoun County Board of Supervisors** and hear first hand the direction the Board will choose to take the County in 2011, and how that might impact Loudoun's business climate and quality of life. Register at [www.loudounchamber.org](http://www.loudounchamber.org).  
**Thursday, 1/27 at 11:30 am** – Chamber members & guests are cordially invited to join the Chamber's board of directors, VIPs and other distinguished business professionals for the **2011 Annual Meeting Luncheon** where *former Deputy Director of Central Intelligence, John McLaughlin* will be the keynote speaker. Register at [www.loudounchamber.org](http://www.loudounchamber.org)  
**Congratulations to Touching Hearts at Home** for winning the Franchise of the Year for the Loudoun Chamber of Commerce in 2010!  
**Thank you to Sherri Anderson of Capital Hospice** for stepping up to co-chair the Non-Profit Initiative at the Loudoun Chamber in 2011!

**Sebastian Graham BestCare Home Care Inc**, 202-550-6085, [graham@bestcarehomecare.com](mailto:graham@bestcarehomecare.com) Best Care Home Care is now a full service home health agency with (Medicare) PT, OT, ST and Wound Care.

**Sandra Fields, Great Falls Assisted living**, 703-421-0690, [sfields@greatfallsassistedliving.com](mailto: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

**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.

**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.

**Susan Balinger**, Spring Arbor, 703-777-9300, [lbnktg@hhhunt.com](mailto:lbnktg@hhhunt.com) Opening is on schedule and Spring Arbor will open in February. Stop by to tour.

**Lynette Jacobs, The Medical Team**, 703-606-2880, [lynettejacob@hotmail.com](mailto:lynettejacob@hotmail.com)  
Working on a Senior Information Center for Madison House. Please donate books on aging issues. Looking for speakers on different topics such as Depression, End of Life, POA and other family issues.

**Cliff Glier, Touching Hearts at Home**, 703-880-2547, [cliff@touchingheartsva.com](mailto:cliff@touchingheartsva.com) Thank you to everyone who supported and voted for Touching Hearts at Home for the 2010 Loudoun County Small Business Awards. Touching Hearts was honored to be announced the winner of "Franchise of the Year" at the Small Business Gala on November 4, 2010! Thank you for all the support and referrals to Touching Hearts.  
How many of you are working in Prince William County? Come and join our new networking group. We have 25 members and hope to have an Expo in the fall.

**Megan Carriere, Adult Day Center at Carver**, 571-258-3145, [megan.carriere@loudoun.gov](mailto:megan.carriere@loudoun.gov)  
The Loudoun County Adult Day Center at Carver in Purcellville was pleased to have so many of you come out to our Holiday Open House Networking Event. If you didn't make it out that evening, give us a call and I'll be happy to give you a tour or more information. Position opening at our Center, a Driver/Activities Assistant, will be announced in 2-3 weeks at [www.loudoun.gov](http://www.loudoun.gov). If you know anyone who is interested, please have them check the Jobs link on the County's website.

**Steve Simons, Handyman Matters**, 540-338-1107, [steve.simons@handymanmatters.com](mailto:steve.simons@handymanmatters.com)  
Seminar at the Carver Center. "Aging in Place". A guide to making your home safer. January 10<sup>th</sup> at 10:45am at the Carver Center. Information on Home safety; Bathroom Safety; Home Maintenance; Lighting and Choosing the right contractor

**Susan Rae Baker, Sunrise Senior Living, McLean**, 703-734-8102, [mclean.dcr@sunriseseniorliving.com](mailto:mclean.dcr@sunriseseniorliving.com) would like to receive contact information from members to better partner with professionals working with seniors.

**Toni Reinhart, Comfort Keepers**, 703-435-2500, [reston@comfortkeepers.com](mailto:reston@comfortkeepers.com)  
Stockings for Seniors. Thank you for your donations. They made and donated 800 stockings this year and 100 fleece lap blankets. These stockings in some cases were the only Christmas gift that they received. Think about donating money and care items next year to this worthy 501C3 cause.

**Nancy Niswander, Alzheimer's Association**, 703-766-9028, [nancy.niswander@alz.org](mailto:nancy.niswander@alz.org) The Alzheimer's Association of the National Capital Area is kicking off a new program, "The Women's Initiative". The program to spread awareness, provide resources to those living with Alzheimer's disease and provide help, guidance and resources to caregivers. The Initiative will hold a luncheon to honor incredible women from around the National Capital Area spotlighting their dedication to philanthropy, volunteerism and advocacy and awareness.

The event will be held May 3<sup>rd</sup> at the Grand Hyatt in Washington DC from 11:30 to 2:00. Tickets are: \$125 general admission and \$2500 Patron Sponsor (includes table of 10). Details regarding luncheon Retail Sponsorships and Patron Sponsor packets are available. <http://www.alz.org/nca/>. Two other new initiatives: The Brain Health Initiative and Corporate Assistance Program (CAP). More information regarding initiatives at next month's meeting.

**Andrea Brown, Morningside House of Leesburg, 703-777-2777,** [abrown@morningsidehouse.com](mailto:abrown@morningsidehouse.com) Workshop at Morningside House, "Caring for Your Parents" Presented by the Behavioral Health Nurse from The Medical Team. Thursday, January 13<sup>th</sup> at 6:00pm at Morningside House, 316 Harrison Street, SE, Leesburg, VA 20175. Learn the Top 10 Challenges our parents face and how we can best help them through this journey. Individual concerns will be addressed. Refreshments will be provided.

**Mary Ellen Knecht, RN, The Medical Team, 703-390-2300,** [meknecht@medteam.com](mailto:meknecht@medteam.com) A fund raiser to help purchase a lift for a car for a gentleman who has given so much to his community and now needs our help. "A Day at Manhattan Pizza" Come by and purchase at Manhattan Pizza, Ashburn on January 18<sup>th</sup> and help raise funds.

**Pamela Navarre, Somerset Retirement Community, 703-450-6411,** [pnavari\\_src@yahoo.com](mailto:pnavari_src@yahoo.com) January 27<sup>th</sup> 201, 8:30 am - 10:00, Somerset Retirement Community. Breakfast @ Somerset. Join Leah Daily with Heartland Hospice and Pam Navari at Sommerset Retirement Community. Meet and Network with us!

**Amy Ohm, Treatment Diaries.Com. Connect, Share, Inspire. 703-727-2521,** [amy@treeatmentdiaries.com](mailto:amy@treeatmentdiaries.com) January is mental health month. 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)

**Leah Daily - Heartland Hospice - 703-910-1075 -** [ldaily@hcr-manorcare.com](mailto:ldaily@hcr-manorcare.com) Prince William Senior Resource Group on Wednesday, January 12<sup>th</sup>, 8:30 - 10:00 am at Sudley Manor House Assisted Living - 7750 Garner Drive- Manassas, VA 20109. Breakfast, Networking & Education. Education will be provided by Khajija Zackria, CPA and Principle of Zackria & Associates, P.C. Meetings are the second Wednesday at 8:30 am. If you would like to attend and/or be added to our email list please email us at [PrinceWilliamSRG@aol.com](mailto:PrinceWilliamSRG@aol.com)

**Katie Framer, Advance Home Health Care, LLC. 703-421-CARE.** [Katie@advancehhc.com](mailto:Katie@advancehhc.com) Advance Home care is in looking for CNAs.

**LeeAnn Philbin, Home Instead Senior Care, 703-464-1268,** [leeanne.philbin@homeinstead.com](mailto: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.

**Joan Thomas, Birmingham Green, 703-257-0935,** [jthomas@birminghamgreen.org](mailto:jthomas@birminghamgreen.org). The District Home has an opening available for \$1,839 per month. No income restrictions. Applicants do not have to be from our five localities to pursue residency.

**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 Members arriving earlier than 8:40am or later than 9:20am, the door is 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](mailto:mclarke@morningsidehouse.com); [www.morningsidehouse.com](http://www.morningsidehouse.com)