

LOUDOUN SENIOR INTEREST NETWORK (LSIN)

www.loudounseniors.org

MEETING MINUTES

July 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, October and November.**
3. **Minutes of meeting** held on June 1st, approved.
4. **Treasurer's Report, Travis Kelley, HomeWell Senior Care**, 703-662-7500,
travis.kelley@homewellva.com. Current balance is \$10,634.39.
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: Capital Hospice Palliative Care;** the help you need managing serious
medical conditions. Relief from the most difficult pain and symptoms so that the patient can do
more rather than wishing they were feeling better. Help understanding your whole medical
condition. Capital Palliative care consultants will talk about what is going on, answer questions
about the care you are receiving and explain treatment options and the advantages and
disadvantages of each. Who can be helped with palliative care? Anyone who has a serious,
chronic or progressive illness. A patient with unresolved pain or distressing symptoms who
wants help coordinating care between multiple doctors and therapist and wants help
understanding their condition, treatment options and goals of treatment.
Palliative medicine is a new medical specialty focused on helping you live better with serious
illness. It's about how you live better with a progressive illness.
For more information call 703-396-6197.

Options for Seniors, Lori Winsheimer, 703-669-1504, leesburg@optionscorp.com

Since 1989 Options has been dedicated to helping senior adults cope with the expedencies of
everyday life in the comfort and safety of their home. They provide distant or busy families
with a break from daily care giving responsibilities and reassure them that their loved ones are
attended to by a team that has experience and wide resources. Options has the highest
possible standards in screening their caregivers. Staff has been known to do lawn work and
walk dogs. They maintain rosters of experienced caregivers, the right aide for every set of
circumstances. They are available 24/7 with "Instant" Response" for emergency placement.
www.optionscorp.com

7. Announcements:

Sheri Anderson, Capital Hospice, 703-669-5248, sanderson@capitalhospice.org

Sheri distributed copies of the power point presentation. Thrift store, Capital Treasures, 26 W.
Market Street; open 10-4pm Tues. – Sat., 703-669-3311.

Jan Cookerly, Great Falls AL-Memory Care, 703-421-0690,

jcookerly@greatfallsassistedliving.com Memory Care opening in Great Falls. July 15th
Speaker Mary Ellen Knecht, Medical Team, meknecht@medteam.com. The 3Ds Delusion,
Depression and Dementia. Please come by to tour this new community.
www.greatfallsassistedliving.com

Marlene Zaborsky, Guide to Retirement Living, 703-992-1102, marlene@proaging.com
List events and open positions on www.guidetoretirementliving.com Redesigning the Home Care section in the Source Book. The next Proaging event will be held at Sommerset on July 21st 12-2:00pm. RSVP to this great networking event.
Place a new add or update an existing one in the Fall book by August 6th.

Susan Balinger, slmertz@aol.com Please distribute the extra Resource Directories from the Senior Expo. Great directory for seniors looking for contact information in the county.

Shenandoah Valley Network for Aging Solutions They meet on the third Monday of each month at Westminster Canterbury at noon. For more information on this group email, info@shenvalleyseniors.com or visit their web site, www.shenvalleyseniors.com

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. Visit www.loudounchamber.org for networking events.

Kelly Besecker, AFrame Digital, 571-308-0147, Kelly@afamedigital.com Offering LifeMatters tools. One of the Spotlights for next month.

Sharon Lloyd-O'Connor, Loudoun County Department of Family Services, 703-771-5360 sharon.lloyd.oconnor@loudoun.gov
Providing a variety of supportive and financial aid services to eligible children, adults, and families.

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