

## LOUDOUN SENIOR INTEREST NETWORK (LSIN)

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

### MEETING MINUTES

June 1<sup>st</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 May 4<sup>th</sup>, approved with one correction.  
**Schaffer Construction** has Liability Insurance **Class B** not Class D as stated.
4. **Treasurer's Report, Travis Kelley.** Current balance is \$14,933.50.  
All the expenses for Senior Expo 2011 to be paid as invoices are received.
5. **LSIN web site.** [www.loudounseniors.org](http://www.loudounseniors.org) To update your information please contact  
**Joyce Cimbalista**, [j cimbalista@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. **LSIN Spotlight: Malene Davis, CEO and President, Capital Caring.**  
Malene originally from WVA has been working with Capital Caring for over 20 years. Hospice is the best kept secret in American Healthcare offering the highest quality of care for the lowest cost as most care for seniors is covered by Medicare. A whole lot of care for less cost. In an effort to encourage more seniors to call hospice sooner Capital Caring changed their name this year. Capital Caring nurses evaluating patients find that they are waiting too long to get the valuable hospice care that is available for the patient and their family. The fastest growing group of seniors is the centenarians. Hospitalization can cost thousands per day, home care about \$20 per hour, so why not call hospice when their staff is available to assist patients with medications, palliative pain care management, ADL assistance and companionship. Optimize health at home for as long as you can; no one ever says that they want to spend their life in a nursing home.  
Capital Caring is a large non profit receiving a lot of it's funding through donations and has been caring for patients and their families for 35 years. On average 1% of the population passes away each year; with 5.5 million people in the greater Washington area there are too many people not receiving hospice services for their advanced or chronic illnesses. The #1 complaint that Capital Caring receives is "I wish we had known about this service sooner". Capital caring has 30 full time doctors and 9 nurse practitioners with a budget of 70 million per year used to care for patients.
  - Palliative care for pain management and symptom control. – Grief Counselors to assist children to seniors with life changes. – Care navigation. – Hospice Care.Last year Capital Caring gave 2 million to charity. In 2013 Capital Caring will open their 21 bed 43,000 sq', caring center, The Adler Center. To date they have raised 13 of the 15 million needed to build this much needed patient center.  
For more information visit [www.capitalcaring.org](http://www.capitalcaring.org)

## 7. Announcements:

**Liz Huibregtse, MSW, Aging Program Specialist, Loudoun Co. Area Agency on Aging**, 703-777-0257, [elizabeth.Huibregtse@loudoun.gov](mailto:elizabeth.Huibregtse@loudoun.gov) Tools for Healthy Aging Fair, Sept. 18<sup>th</sup> 10:00am – 2:00pm FREE at Cascades Senior Center 703-430-2397.

Exhibitor opportunities to interact with over one hundred seniors, family members and care givers available. \$50-\$100 per table. All vendors are asked to provide a Passport interactive activity at their table. After the senior has visited all the vendor tables they are eligible for the door prize drawings. For registration and more information contact Brenda Davis, [Brenda.davis@loudoun.gov](mailto:Brenda.davis@loudoun.gov) or 703-430-2397

**Becky Schaffer, Schaffer Construction**, 703-443-1861, [info@shafferconstruction.com](mailto:info@shafferconstruction.com) Thank you for your referrals. Schaffer Construction is now a Veteran's Administration accepted contractor. *VEGAS NIGHT OUT!* June 25<sup>th</sup> 7 – 11:00pm the first major fundraiser for the NVFPC will be at the Hyatt at Fair Lakes! Tickets are \$55. \$25,000 for the tables. Plenty of food, fun and an opportunity to support this great cause. Lots of door prizes, a silent auction and DJ. Purchase tickets online at [nvfpc.org](http://nvfpc.org). For sponsorships contact Rachelle Conde at 540-905-5554.

**Marlene Zaborsky, Guide to Retirement Living**, 703-992-1102, [marlene@proaging.com](mailto:marlene@proaging.com) **The Guide to Retirement Living SourceBook**. Take a look at the new website at [www.retirement-living.com](http://www.retirement-living.com) ...still a work in progress. Check out the new ProAging Paparazzi "The Insiders Scene!" We created ProAging Paparazzi to keep you connected to the action whether you can be there or not. Don't forget to post your career opportunities or events on [www.proaging.com](http://www.proaging.com).

**Barbara Davies, DCR Sunrise at Countryside**, 703-430-0681 [Countryside.dcr@sunriseseniorliving.com](mailto:Countryside.dcr@sunriseseniorliving.com) Everyone is invited to a "Taste of Sunrise". Call and schedule an appointment to eat in our dining room and take a tour. What a great inside look it provides! Potential residents can sample our food, interact with current residents, walk through our home and have their questions answered. Lunch is served at 12 pm so plan to arrive by 11:45. Call or email Barbara for a reservation.

**Sandra Fields, Great Falls Assisted living**, 703-421-0690, [sfields@greatfallsassistedliving.com](mailto:sfields@greatfallsassistedliving.com)  
- **Saturday, June 11 - "Great Falls Open House"** from 11 am to 2 pm. Come and tour our community and enjoy some great appetizers on our patio.  
- **Friday, June 17th and Saturday, June 18th** - "The Taste of Reston" at the Reston Towne Center. Enjoy a chili cook-off on Saturday, four local bands on Friday and Saturday, food from over 40 local restaurants in the area, wine and beer tastings from local vineyards and more. Stop by the GFAL beverage booth for your soft drinks and water. The event is open until 11  
- **Tuesday, June 21 from 5 to 7 PM** - "Longest Day Patio Party and Open House" Come help us **Celebrate the Summer Solstice** - The Longest Day of the Year with Passion Martinis and plenty of good food and music at 6 PM by jazz soloist, Christiana Drapkin. RSVP by June 18th.  
- **Saturday, June 25th from 10 AM to 11:30 AM** - "**Downsize Your Life for New Opportunities with Cash Benefits.**" Speaker, Beckyanne Theriot, MA and Owner of "A First-Class Move". Rightsize your Life: A Good Plan Equals Cash and Benefits You! Door prizes are transitioning tools and gift certificates. Bring your ideas and plans to share. RSVP by June 23rd.

**Judy Brady, Birmingham Green**, 571-221-6972, [jbrady@birminghamgreen.org](mailto:jbrady@birminghamgreen.org)  
Birmingham Green received a 5 Star rating from DSS during their State Inspection. The District Home Assisted Living has private bed openings and they also offer short-term Respite. The rate starts at \$1,830.00 per month.

**Laurie McNaughton, Wells Fargo Home, Reverse Mortgage**, 703-477-1183, [laurie.l.macnaughton@wellsfargo.com](mailto:laurie.l.macnaughton@wellsfargo.com) Don't let families drain their assets trying to pay for mom's care. Contact Laurie to check options for seniors and their families and have a plan in place when care is needed.

**Betsy Sue Scott, Law Office of Betsy Sue Scott**, 703-871-5070, [info@bsscottlaw.com](mailto:info@bsscottlaw.com) Betsy Sue Scott of the Law Office of Betsy Sue Scott will participate in a panel discussion of *Navigating the Financial Waters of Retirement* on June 21st at George Mason University. The program is Part I of a two-part series at GMU's Osher Lifelong Learning Institute and will take place from 11:45 am to 1:15 pm. For more information, please call Betsy Sue Scott at (703)871-5070 or email her at [info@bsscottlaw.com](mailto:info@bsscottlaw.com).

**Monika Virk, M.D, Oasis Home Healthcare**, 703-881-2394 [dr.mvirk@oasishhi.com](mailto:dr.mvirk@oasishhi.com) I am a physician with Oasis Home Healthcare, and I do community education, patient education, and lectures for any senior community, Topics are related to the health of seniors (heart disease, pneumonia, high blood pressure, healthy eating, depression in elderly etc.). These lectures are presented in collaboration with local area physicians; we use simple language with simple analogies. Since, some of the senior population does not speak English as a first language; we translate the information in different languages.

**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, The June Business Showcase Breakfast will be held on June 9<sup>th</sup>, 7:30 to 9:00 at the Belmont Country Club. Visit the Chamber website to view the upcoming events, mixers, golf events, and job fairs etc. [www.loudounchamber.org](http://www.loudounchamber.org)

**Virginia LaRocque, Rust Library – Outreach**, 703-771-5621, [virginia.larocque@loudoun.gov](mailto:virginia.larocque@loudoun.gov).

Books-By-Mail is available to anyone who can't get to a library. All they need to do is have a doctor, nurse or health care professional fill out a short document confirming their disability and send it to us. I have the document on file and can email, fax or mail it. Books-By-Mail is **free** as it's a Federal program. Items are mailed in a green bag to the person's address; they read or watch the item and return it in the same bag by reversing the address label. Very simple. NO age requirement. Anyone interested in knowing more or wish to refer a client can contact Outreach Services at 703-771-5621.

**Sheila Kelly, AARP**, 571-258-9493, [sheilakelly9@msn.com](mailto:sheilakelly9@msn.com) June 25, 11:00 – 1:00pm at the Rust Library. AARP needs new chairmanship for committees.

**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)