

## LOUDOUN SENIOR INTEREST NETWORK (LSIN)

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

### MEETING MINUTES

November 3<sup>rd</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 October 6<sup>th</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 been looking at other sites. Parking and wheel chair  
accessibility has eliminated some sites. The goal is to firm up a site by January. The first  
Senior Expo committee meeting will be held, November 30<sup>th</sup>, 9:00am at Jared Melvin's office,  
Loudoun Insurance Group, 604 S. King St., #101, Leesburg. 703-777-8118.
7. **LSIN Spotlight: Joan Thomas, Judy Brady, Birmingham Green**, 703-257-0935,  
[jthomas@birminghamgreen.org](mailto:jthomas@birminghamgreen.org) Birmingham Green, Manassas has been serving seniors  
since 1927 and they have the most affordable private care and Medicaid assistance in the  
area. For Overall Quality and Health Inspection they received a 5 star rating from the Centers  
for Medicaid & Medicaid Services. Birmingham Green has three facilities, 180-bed Nursing;  
Willow Oaks, AL a 92 unit for individuals receiving Auxiliary Grant support and The District AL,  
just refurbished, 48 units offering affordable private pay at \$1,839 per month. PT, OT, SLT  
and short term respites are also available. For auxiliary grant beds you will need a referral  
from the sponsors, each county has their own wait list. They welcome referrals for the nursing  
and The District assisted living beds and units.  
Priority for admission is offered to residents of Fairfax, Fauquier, Loudoun, Prince William and  
the city of Alexandria. The services at Birmingham Green are provided through the NVA  
Health Center. There are 26 on the wait list for Loudoun County auxiliary grant beds. Contact  
Jeannie Carter, [jcarter@birminghamgreen.org](mailto:jcarter@birminghamgreen.org) for nursing admission information. Birmingham  
Green, [www.birminghamgreen.org](http://www.birminghamgreen.org)

#### **Laurie McNaughton, MetLife, Senior Products Division, Reverse Mortgage Consultant**

703-477-1183, The goal of a reverse mortgage is to keep homeowners in their home longer and increase their monthly income. How does a reverse mortgage work? A Reverse Mortgage is a loan secured by your home that gives you cash now in exchange for your obligation to repay the loan in the future. You must own your home and be age 62 or older to be eligible. When seniors need to fund their healthcare, home repairs or day to day living expenses and they do not have savings they can use the equity in their home to pay for these expenses with the reverse mortgage and they will never lose their home. Example Mrs. Smith's husband dies and he was bringing in 80% of the monthly income. She will have to sell the home as she cannot afford to live there. A Reverse Mortgage will enable her to get \$2,600 per month. Mrs. Smith does not need this amount for expenses so she takes \$800 and the rest will grow at 3-3.5% per month and she can continue to live in her home.

The maximum amount that you can borrow is limited to the value of your home, your age and the limit set by the FHA. There can be monthly administration fees. Homes must have insurance. The current mortgage, if there is one will be paid off. Taking monthly payments is better than taking a lump sum or you can take a line of credit that you can draw down on as needed. Contact Laurie for more information [lmacnaughton@metlife.com](mailto:lmacnaughton@metlife.com).

## 8. Announcements:

**Toni Reinhart, Comfort Keepers**, 703-435-2500, [reston@comfortkeepers.com](mailto:reston@comfortkeepers.com)  
Stockings for Seniors. Please donate items for the Christmas stockings for the seniors. We are collecting personal care items like shampoo, lotions, and powders. Stockings for Seniors is a 501 (c) (3). For more information visit [www.stockingsforseniors.org](http://www.stockingsforseniors.org)

**Katherine Owens, Arden Courts**, 703-433-7530, [369-mktg@hcr-manorcare.com](mailto:369-mktg@hcr-manorcare.com)  
Arden Courts of Fair Oaks, educational seminar: Financial Options for Long Term Care, presented by: Mark Christopher, Attorney at Law, Yates, Campbell & Hoeg, LLP and Jared Melvin, CLTC, Health & Life Director, Loudoun Insurance Group, LLC  
Tuesday, November 30, 2010, 12:00pm-2:00pm. Arden Courts of Fair Oaks, 12469 Lee Jackson Memorial Hwy, Fairfax, VA 22033  
Topics will include: Long Term Care Insurance, Veterans Benefits, Auxiliary Grants, Estate Planning and Medicare.  
Space is limited so please R.S.V.P. to Kate by November 26<sup>th</sup> at (703) 383-0060 or [369-mktg@hcr-manorcare.com](mailto:369-mktg@hcr-manorcare.com) \*Lunch will be provided.

**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). Jared will be one of the presenters at The Financial Options for Long Term Care at Arden Courts of Fair Oaks. November 30<sup>th</sup> 12-2:00pm. See the details above.

**Sally Gehl, Eldercare Strategies, Inc.** 703-723-3737, [scgehl@comcast.net](mailto:scgehl@comcast.net) As professional Geriatric Care Managers, Gerontologists, Nurses and Social Workers we guide you through the difficult and complex decisions of caring for your loved ones.

**Marlene Zaborsky, Guide to Retirement Living**, 703-992-1102, [marlene@proaging.com](mailto:marlene@proaging.com)  
List events and open positions on [www.guidetoretirementliving.com](http://www.guidetoretirementliving.com) Proaging and Geriatric Care Managers breakfast, Tuesday, November 9<sup>th</sup>, 7:30 – 9:00am. Hyatt Fair Lakes, Fairfax. Sponsorship opportunities available. [rsvp@proaging.com](mailto:rsvp@proaging.com)

**LeeAnn Philbin, Home Instead Senior Care**, 703-464-1268, [leeanne.philbin@homeinstead.com](mailto:leeanne.philbin@homeinstead.com) Earn Free CEUs by participating in the Family Caregiver Support Webinar Series. Home Instead Senior Care has teamed up with the American Society on Aging (ASA) to present a series of six web seminars that address caregiving issues. For more information call Home Instead, 703-464-1268 or visit [www.homeinstead.com/507](http://www.homeinstead.com/507)

**Ryan Huber, ResponseLink**, 571-449-0556, [ryanhuber@responselink.com](mailto:ryanhuber@responselink.com)  
ResponseLink is hosting a Networking Breakfast at Morningside House on November 17<sup>th</sup>, 8:30-10:00am. R.S.V.P. [tim@visitingangels.com](mailto:tim@visitingangels.com)

**Sandra Fields, Great Falls Assisted living**, 703-421-0690, [sfields@greatfallsassistedliving.com](mailto:sfields@greatfallsassistedliving.com) Grand Opening is tomorrow Thursday, November 4<sup>th</sup> from 5:00pm to 8:00pm. Come and tour the new community.

**Melissa Wertz**, 703-217-5009, [mwertz@capitalhospice.org](mailto:mwertz@capitalhospice.org) Capital Hospice is hosting a wine and cheese at Sunrise of Countryside on Thursday, November 18<sup>th</sup> from 4:00 - 6:00pm R.S.V.P. by emailing Melissa. Capital Hospice is looking for sponsors for the Malawi Tea event. The afternoon English tea will be held on November 6<sup>th</sup> at St. James Episcopal Church, 14 Cornwall Street, NW, 3:00pm to 5:00pm. Admission benefits St. Gabriel's Hospital in Malawi. [www.capitalhospice.org](http://www.capitalhospice.org)

**Mary Ellen Knecht, RN, The Medical Team**, 703-390-2300, [meknecht@medteam.com](mailto:meknecht@medteam.com) Flu shots are still available call for details. The Medical Team will conduct National Memory Screenings on November 16<sup>th</sup> at Sunrise of Reston, 1:00pm-3:00pm.

**Susan Balinger**, Spring Arbor, 703-777-9300, [lbnktg@hhhunt.com](mailto:lbnktg@hhhunt.com) The gates are down and the construction on the new Spring Arbor Assisted Living in Leesburg is ahead of schedule.

**Pat Williams, Graceful Care**, 703-904-3994, [pat@gracefulcare.com](mailto:pat@gracefulcare.com) **Chicken Soup for the Caregiver's Soul, 24<sup>th</sup> Annual Caregiver Conference**, Thursday, November 11<sup>th</sup>, 8-3:30pm. First Baptist Church in Alexandria.

**Andrea Brown, Morningside House of Leesburg**, 703-777-2777, [abrown@morningsidehouse.com](mailto:abrown@morningsidehouse.com) Visiting Angels is hosting a Networking Breakfast at Morningside House on Wednesday, November 17<sup>th</sup> from 8:30 – 10:00am. R.S.V.P. to Tim at Visiting Angels, [tim@visitingangels.com](mailto:tim@visitingangels.com).

**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.

**Sharon Lloyd-O'Connor, Loudoun County Department of Family Services**, 703-771-536, [sharon.lloyd.oconnor@loudoun.gov](mailto:sharon.lloyd.oconnor@loudoun.gov) Interfaith Relief needs volunteers, November 16, 17 and 18 for more information visit [www.loudoun.gov/holidaycoalition](http://www.loudoun.gov/holidaycoalition). Eden at Home December 3, 4 and 5, care workshops, elders, trainer certification CEUs.

**Nahid Shadrokh, The Lovettsville Home**, 540-822-3824, [thelovettsvillehome@yahoo.com](mailto:thelovettsvillehome@yahoo.com) The Lovettsville Home Assisted Living has been renovated. Please come by to see the new improvements.

**Mary Jane Barney Butler, Area Agency on Aging**, 703-771-5600, [maryjane.barneybutler@loudoun.gov](mailto:maryjane.barneybutler@loudoun.gov) Area on Aging Free CARFIT program to be held tomorrow has been CANCELLED CarFit program for seniors to improve the Comfort, Control and Safety of your car cancelled for November 4<sup>th</sup> from 9-12pm.

**Jack Frear, Rust Library – Outreach**, 703-771-5621, [jack.frear@loudoun.gov](mailto:jack.frear@loudoun.gov) Books by mail and E-Library. 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)