

LOUDOUN SENIOR INTEREST NETWORK (LSIN)

www.loudounseniors.org

MEETING MINUTES

March 3rd, 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
Mary Jane was not able to attend the March meeting.
2. **Member Introductions.** Member roster is being passed around, please update.
Sign up for **Spotlight 2010, July and August.**
3. **Minutes of meeting** held on January 6th, approved. There was no meeting in February.
4. **Treasurer's Report, Travis Kelley, Homewell Senior Care**, 703-662-7500,
travis.kelley@homewellva.com. Current balance is \$13,008.72. PayPal was down for a while in February, now back up and working.
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: Jeff Peterson, Home Care Delivered, 800-565-5644 x 6293,**
jpeterson@homecaredelivered.com Home Care Delivered has been delivering Diabetic and Incontinence supplies for 13 years. They are able to bill through insurance, Medicare and Medicaid. They also deliver ostomy supplies and some nutritional items. They have a good relationship with Home Health companies to ensure that their customers receive in home supplies as needed. Why use Home Care Delivered? Call them as they are renowned for their personal care and customer care. Every one of their customers has their own care representative to seek advice and have products tailored to their needs. The ordering system is seamless, simply call toll free and with some basic information and products will be shipped directly to your door. They will even get scripts as needed. Complimentary glucose meters are available with special meters for the sight impaired.
Medicare covers diabetic supplies, incontinence supplies are private pay with over 250 brands and styles to choose from. Home Care Delivered will ship free samples to ensure correct size. Medicaid covers diabetic and incontinence supplies.
For more information call Jeff, 800-565-5644 x 5644, or visit www.homecaredelivered.com

Sam Draper, MetLife & Reverse Mortgage, 240-478-0273 or 800-607-0366

sldraper@metlife.com MetLife has been building financial security for more than 140 years. Sam is a Reverse Mortgage Consultant and brings a wealth of real estate, insurance and mortgage knowledge to his role with MetLife. He enjoys helping clients achieve greater financial freedom and peace of mind so they can concentrate on enjoying a good quality of life into their 90s. In the last two years financial situations have changed. What worked then has now to be adapted or changed to the situation today. Seniors are living 25 – 30 years in retirement and many who were going to retire are staying in the workforce longer to build more retirement funds. If you are a homeowner age 62 or older you should consider a reverse mortgage which will turn equity in your home into cash for monthly living expenses, health care costs or home improvements. There are options to consider; get a line of credit secured by your home; a lump sum distribution or a monthly payment.

The amount you can get depends on age, type of reverse mortgage, current interest rates, and appraised value of your home. You can continue to own and live in your home and there are no income or credit qualifications for a reverse mortgage. Reverse mortgages can increase income security, enhance financial resilience and improve debt management. MetLife, get the financial flexibility you need - from a name you can trust. For more information call Sam, 240-478-0273 or visit www.metlife.com

7. Announcements:

Susan Balinger, Sunrise Senior Living, 703-777-1971, leesburg.dcr@sunriseseniorliving.com The Senior Expo will be held at The Community Church, Ashburn on Thursday, May 6th. The booth cost is \$175 and after March 31st the cost will be \$200. PayPal registration is up on the LSIN website. To secure a vendor table at the Expo register for the Expo on line, www.loudounseniors.org before March 31st. To advertise in the Senior Expo Resource Directory see the details on the loudounseniors website and you may also contact Beck Schaffer, 703-475-3044. The deadline for the ad artwork is April 16th.

Mary Ellen Knecht, 703-390-2300, meknecht@medteam.com Madison House is in search of a Tai Chi teacher. The Medical Team will provide solutions to the transitional challenges of residents moving to assisted living. See page 203 in the winter Guide to Retirement Living Source book for more details.

Pat Turner, Graceful Care, 703-904-3994, pat@gracefulcare.com Graceful Care has been caring for seniors for 15 years. Thank you for your referrals. For more information visit their website, www.gracefulcare.com

Maureen Clarke, Morningside House, 703-777-2777, mclarke@morningsidehouse.com Mad Hatter's Tea Party, networking event, Friday, March 26th, 2:00 – 4:00pm RSVP by order of the Queen of Hearts by March 22nd, 703-777-2777.

Jack Frear, Rust Library – Outreach, 703-771-5621, jack.frear@loudoun.gov The library outreach program visits may be part of budget cuts. Books by mail may be the only resource for seniors and adults unable to visit the Rust Library.

Susan Balinger, Sunrise Senior Living, 703-777-1971, "How to Prevent Rehospitalization" Sunrise of Countryside, 45800 Jona Drive, Sterling, March 25th at 8:00am. Breakfast with omelet station will be provided. Call 703-430-0681 for more details.

Ralph Sklarew, SilverLearners, 804-476-0643, rsklarew@SilverLearners.com Active social learning to build brain power. Video lectures, Guided Discussions and Creative Expression. Classes on-site or on-line. www.SilverLearners.com

Jean Unger, Elder Care Strategies, 703-723-9797, jeanunger1@verizon.net Networking event, April 15th 3-7:00pm, 20820 Cross Timber Drive, Ashburn, VA 20147. This is a time to reach out and get to know others who work with our senior community. RSVP 703-723-3737.

Marlene Zaborsky, Guide to Retirement Living, 703-992-1102, marlene@proaging.com Summer 2010, Shenandoah Valley and Blue Ridge will their own Resources for Seniors flyer. The next Proaging conference will be held at Vinson Hall, Social Work Month celebration, 6251 Old Dominion Drive, McLean, VA 22101, March 25th noon -2pm. Seating is limited, RSVP to rsvp@proaging.com.

Bonnie LaMay, Meadow Glen, 703-869-4529, bonnielamay@meadowglen.net

Free CEU Event at Meadow Glen. The Challenges of Cultural Competency in a Changing Social Work Environment, Dr. Nelson Kofie, Department Head of Anthropology and Sociology at NVA Community College.

Tuesday, April 6th, 8:30 – 12:15pm. Breakfast at 8:30am. RSVP Denise 703-737-6149.

Jared Melvin, New York Life, 571-426-2139, jared@oldtowninsurance.com

Long Term Care insurance is essential to help with care costs as a person ages. Health care costs are rising and there will be changes when the Health Care Reform Bill is passed.

The Chamber of Commerce is lobbying for another \$34 million for Loudoun Co. schools.

Toni Schaffer, Schaffer Construction, 703-443-1861, info@schafferconstruction.com

Schaffer Construction offering a Spring Special, March 1 – April 30. Save \$300 on bathroom grab bar, hand held shower and toilet install. Save \$350 on supply and installation of Harmor Pinnacle Stairlift.

Nahid Shadrakh, The Lovettsville Home, 540-822-3824, thelovettsvillehome@yahoo.com

Residents receive quality and personal attention when they live in a smaller, homelike assisted living.

Terry Gross, Linked Senior, 703-657-2950, tgross@linkedsenior.com

Linked Senior, improving quality of life for seniors through better access to entertainment.

Kiosk with individual MP3 players. This new service revolutionizes how the 60+ spend their time and helps communities provide quality activities to their residents. Seniors may choose their own taped content, books, music, radio, religious sermons and more.

Visit www.linkedsenior.com for more details.

The next *LSIN meeting will be held on Wednesday, April 7th 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