

LOUDOUN SENIOR INTEREST NETWORK (LSIN)

www.loudounseniors.org

MEETING MINUTES

October 6th, 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 2011.**
3. **Minutes of meeting** held on September 1st, approved.
4. **Treasurer's Report, Travis Kelley, HomeWell Senior Care**, 703-662-7500,
travis.kelley@homewellva.com. Current balance is \$7,226.99.
5. **LSIN web site.** 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: Sharon Lloyd-O'Connor, Loudoun County Department of Family
Services**, 703-771-5360, sharon.lloyd.oconnor@loudoun.gov The Eden Alternative.
Loneliness, helplessness and boredom account for the bulk of suffering among seniors in the
community. The Eden Alternative is a small not-for-profit organization making a big difference
in the world. Based on the core belief that aging should be a continued stage of development
and growth, rather than a period of decline.
Founded in 1991 by Dr. William Thomas, a Harvard-educated physician and board-certified
geriatrician, The Eden Alternative has trained over 17,000 Eden Associates and now claims
over 300 registered homes, in the U.S., Canada, Europe, and Australia. Richmond and
Baltimore are the closest homes to us. The staff and management of these homes continue to
work towards meaningful culture change through ongoing training and a continued dedication
to creating a life worth living for those in their care. The concept is to have a smaller number
of residents/elders living in a circular design home or Shahbaz. The kitchen is the heart of the
community with the elders rooms off the kitchen. All the staff is a caregiver, a homemaker
enabling each elder to live their best life in a loving caring atmosphere.
The Eden Alternative is an off ramp from institutional care with nursing and care staff
integrating with elders throughout the day. Medicaid and private pay blend to create a viable
financial model. For more information visit www.edenalt.org
7. **Announcements:**

Nancy Canonico-Benegar, Sommerset Retirement Community, 703-450-6411,
nancy@sommersetcommunity.com Open House, 22355 Providence Village Drive, Sterling,
Saturday, October 9th from 11:00 – 3:00pm. Food, entertainment, games, family fun, prizes.

Yvonne Cullen, West Falls Center at Falcons Landing, 703-404-5205,
ycullen@falconslanding.org Open House networking breakfast, October 28th from 8:30-
10:30am RSVP by October 20th.

Bonnie LaMay, Godfrey House in Berryville. bonnielamay@meadowglen.net Come by and
visit Godfrey House, October 28th from 2:00 – 6:00pm. RSVP Debbie, 540-955-1570.

Jean Unger ElderCare Strategies, Inc. Geriatric Care Management.
Jeanunger1@verizon.net Oktoberfest Network event, October 21st, 4:00 – 7:00pm,
20820 Cross Timber Drive, Ashburn. RSVP Jean, 703-723-3737.

Jacque Krolick, The Carver Center, 571-258-3402 and Blue Ridge Hospice are hosting an event, October 23rd, 11:00- 2:00pm at the Carver Center.

Treatment Diaries. Connect, Share, Inspire. www.TreatmentDiaries.com This is a social network providing information exchange between people with like medical conditions. Membership is free.

Debra Dever, RN, Loudoun Community Health Center 703-443-2010, 224A Cornwall Street. Visit web site for information and tickets to the Blue Jeans Ball, October 29th, enjoy a dinner and concert by the Outlaws, www.loudounCHC.org

Melissa Wertz, 703-217-5009, mwertz@capitalhospice.org Capital Hospice is hosting a wine and cheese at Sunrise of countryside on Thursday, November 18th from 4:00 - 6:00pm RSVP by emailing Melissa. Capital Hospice is looking for sponsors for the Malawi Tea event. The afternoon English tea will be held on November 6th 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

Marlene Zaborsky, Guide to Retirement Living, 703-992-1102, marlene@proaging.com
List events and open positions on www.guidetoretirementliving.com Next proaging lunch will be held at The Virginian, October 20th from noon to 2:00pm. Proaging and Geriatric Care Managers breakfast, Tuesday, November 9th, 7:30 – 9:00am. Hyatt Fair Lakes, Fairfax. Sponsorship opportunities available. rsvp@proaging.com

Pam Reynolds, Golden Living Center, 540-955-9995, pamela.reynolds@goldenliving.com
Golden Living Center has converted some semi-private to private. Two private apartments are now available.

Pat Williams, Graceful Care, 703-904-3994, pat@gracefulcare.com Planning a Village to support seniors in Reston. Aging in Community, free on October 9th from 1:00pm to 5:00pm. For more information visit www.aginginreston.org.

Touching Hearts at Home. 703-880-2547. Please vote for Touching Hearts; they are one of the finalists for the Small Business Franchise Award 2010, www.loudounchamber.org

Andrea Brown, Morningside House of Leesburg, 703-777-2777,
abrown@morningsidehouse.com Annual Oktoberfest Network at Morningside House, Thursday October 21st from 4:00 – 6:00pm. Enjoy authentic German food such as sauerbraten and beer or cider with black forest gateau for dessert. RSVP Andrea by October 18th.

Nathan Myers, Edward Jones., 703-771-2079, www.edwardjones.com. Edward Jones, 210 Wirt Street, Leesburg. Financial services. Weekly meetings on Wednesdays, 11:30 at Tusksies downstairs in the wine cellars. Looking for speakers, 15 minute presentations.

Joan Thomas, Birmingham Green, 703-257-0935, jthomas@birminghamgreen.org
The newly refurbished Birmingham Green located in Manassas and serving the community since 1927 has rooms available for \$1,839 per month.

Lee Allison Boris, Leesburg Pharmacy, 703-777-5333,
assistedliving@leesburgpharmacy.com Midnight Madness, October 22nd, 9:00 - midnight
Great deals, stock up for the holidays.

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. October 21st, mixer at the chamber 5:30 – 7:00pm. October 25th State of Health Care Reform at the National Conference Center. Visit www.loudounchamber.org for more information on the chamber events.

Mary Jane Barney Butler, Area Agency on Aging, 703-771-5600, maryjane.barneybutler@loudoun.gov Area on Aging presents Free CarFit program for seniors to improve the Comfort, Control and Safety of your car. A 12-point CarFit screening will be held on November 4th from 9-12pm at The Carver Center. Call for appointment 703-771-5698.

Jack Frear, Rust Library – Outreach, 703-771-5621, 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; www.morningsidehouse.com