

Senior LIVING IN HENRICO



Henrico County values our elderly residents and appreciates their many contributions that have helped make our community a great place to live, work and play. We strive to fulfill the needs of our aging population by providing an array of services and activities designed especially to help them live as independently as possible, meet their financial obligations and enrich their lives. We encourage all Henrico County seniors to take advantage of our numerous programs.

COMMUNITY REVITALIZATION

Housing Rehabilitation and Emergency Repairs

Assists low-income elderly and disabled residents who own and occupy a house with maintenance issues. Home rehabilitation costs are limited to \$25,000; emergency repairs are restricted to problems that pose an imminent threat to health and safety up to \$5,000. These services are available through ElderHomes Corporation, call **233-2827**.

Operation Paintbrush

Henrico County works with volunteers to prep and paint the exterior of homes for low-income residents, particularly the elderly and the disabled. There are income limits to qualify for this service and residents must meet at least one other eligibility requirement: have a demonstrated physical or mental disability; be 62 years or older; or have no immediate family in the metro Richmond area. For more information, call **501-7628**.





FINANCE

Real Estate Advantage Program (REAP)

The REAP program provides relief from real estate taxes for elderly and disabled residents. Those who qualify may receive a 100 percent reduction in their real estate tax bill, up to \$3,000. Residents must be age 65 and older, or permanently and totally disabled; annual household income can not exceed \$52,000 (increases to \$62,000 1/1/08); and net worth cannot exceed \$350,000 to qualify for REAP.

Residents enrolled in REAP are also eligible for free bulky waste collection and leaf vacuuming service. Items such as furniture, appliances and yard waste are collected through the county's bulky waste program, while leaf vacuuming service is available from October 30th through April 30th. The fees normally charged for each of these services will be waived for REAP participants. For more information, call **501-4263**.

POLICE

Senior Citizens Police Academy

Senior residents can learn something new and get an inside look at the Division of Police. The program lasts 11 weeks and is offered twice a year. Topics include: crime trends and how to prevent becoming a victim; understanding the criminal justice system; community policing; volunteer opportunities; and becoming an ambassador for the division. After completing the program, participants can become a member of their active alumni group. For more information, call **501-5236**.

Triad-SALT Council (Seniors and Law Enforcement Together)



Seniors work with law enforcement personnel to develop and manage crime prevention efforts. The benefits of becoming involved with this nationwide, community-based policing program include: increased public safety awareness; recruit and train other senior volunteers to work as law enforcement partners;

and help make the community a safer place to live while meeting new friends and having fun. Henrico County has the largest SALT group in the state. For more information, call **501-5236**.

Senior Citizen Volunteers in Policing (VIPs)

Seniors offer the community a wealth of information and experience and can put that knowledge to work by volunteering with the Division of Police. Opportunities range from the motorist assistance program to clerical support. To learn more, call **501-5047**.

RECREATION & PARKS

Looking for opportunities to stay active both physically and mentally? Recreation & Parks offers a wealth of moderately-priced and some free programs for seniors. Limited financial assistance is available for those who qualify; for more information, call **501-5102**. Refer to the current edition of "At Your Leisure" for specific class information.

Fitness Classes

Choose from an array of classes to suit your own fitness needs and abilities. Sign up for a class in water aerobics, gentle Hatha Yoga or Tai Chi.



Walking Clubs

Join the Cheswick, Dorey or Deep Run park walkers to improve your health, get fit and meet new people.

Special Interest Classes/Learning Opportunities

Learn a new skill or brush up on one you already have. Attend a lecture or take a class in AARP driving, elder law and estate planning, antiques road show, chocolate tasting, beginner and ongoing guitar, summer lawn games, downsizing your home, gardening, creative writing, computer classes and financial solutions.

Arts & Crafts

Be creative, develop new talents and exchange ideas. Program topics range from painting to knitting, glassware art to aromatherapy, and scrapbooking to wreath making. Craft clubs held at Belmont and Confederate Hills.

Dance Classes

Exercise to better health while listening to music and socializing. Types of dance offered: Dancercise, open line dance and tap.



Outdoor Adventures

This is a great opportunity to enjoy the outdoors. Take a morning or sunset paddle trip, watch bird banding demonstrations and migration forays or participate in the senior day camp and senior day on the farm.

Senior Showcase

Play cards, board games, canasta, mahjong and chess; enjoy workshops in dance and cooking; or attend the health and wellness series, speakers and demonstrations. Held at the Deep Run and Dorey recreation centers.

Senior Dances

Enjoy an evening of music, entertainment and fun at our recreation centers. A variety of music is offered at the various dance events including big band, jazz, R&B and country.

Special Events

Take part in the festivities and fun, from musical entertainment to hands-on activities. Events can include afternoon tea, music of the movies, the best of Broadway, Grandparents Day, health fairs, ice cream social, holiday dinner, Tacky Lights tour and western and eastern Leisure Club picnics.

Trips and Tours

Take a trip without worrying about traffic. Day cruises, dinner theaters, overnight tours, museums, beaches and mountains, historic film tours and festivals are just a few of the outings Recreation & Parks offers throughout the year.

Leisure Clubs

See old friends or make new ones at one of the leisure clubs for seniors that meet regularly. Enjoy guest speakers, entertainment, luncheons and other activities.

Sports

Participate in one of the many senior adult sports programs and tournaments. Enjoy golf, tennis, co-ed softball, volleyball, bowling and croquet. Tournaments held for golf and softball.



Social Bridge Bunch/Bridge Classes

Brush up on your skills or just play! Bridge is available at Henrico County recreation centers.

For additional information on any of these activities for seniors, call **501-5114** or **501-5137**.

SOCIAL SERVICES

The Adult Services Unit provides information, referrals and assistance to disabled adults and those who are 60 and older so they can live as independently as possible, maintain the right to self-determination and live in the least restrictive setting possible.



Adult Protective Services

Receives and investigates reports when an adult is being abused, neglected, exploited or is at-risk; provides a variety of health, housing, social and legal services to stop the mistreatment and prevent further abuse; and may legally intervene in emergency situations to protect adults who lack the capacity to consent to services. These services are also available to residents living in nursing homes, assisted living facilities and adult group homes. Anyone who suspects abuse, neglect or exploitation can make an anonymous report by calling the 24-hour, toll-free hotline at **1-888-83-ADULT** or during regular business hours, from 8 a.m. to 4:30 p.m., call **501-7346**.



Adult Services

Links customers and their families to community resources and provides some direct services for those who are eligible. They include:

- Home screenings for those seeking Medicaid benefits for personal care in the home, adult day care or nursing home placement.
- Auxiliary grants provide supplemental payments for individuals seeking admission to or living in licensed adult homes.
- Companion Program assists home-bound residents with their daily living activities.
- Annual Guardianship Reports are read for an incapacitated person. Staff can assist with filing the report.



Case Management

Trained social workers can help customers and their families make decisions in times of crisis for support services. They also provide service referrals to community programs providing home-based care, transportation, adult day care, money management, nutrition services, placement services and other activities that assist eligible residents. For a list of services, call **501-7346**.

A support group for grandparents who are raising grandchildren is held monthly. To receive more information about this award-winning program, call **501-4003**.

PRODUCED BY
HENRICO COUNTY
PUBLIC RELATIONS & MEDIA SERVICES
P.O. Box 27032
RICHMOND, VIRGINIA 23273-7032
(804) 501-4257

06/07



VISIT OUR WEB SITE:
WWW.CO.HENRICO.VA.US

HENRICO COUNTY DOES NOT DISCRIMINATE ON THE BASIS OF RACE,
COLOR, RELIGION, SEX, NATIONAL ORIGIN, AGE OR DISABILITY.