

Virginia Center for Inclusive Communities thanks the Greater Richmond Age Wave, the Virginia Center on Aging, and VCU Department of Gerontology for their partnership in this RVA Table Talk

Event Opportunities

November 28, 1:30p.m. - 2:45p.m. webinar

Opioid Use in Older Adults: The Double-Edged Sword

This webinar will review special considerations for the use of opioids for pain management in older adults as well as the challenge of opioid misuse in this population. Speakers: Laura Morgan, PharmD, MEd, Assoc. Professor and Vice Chair of Education, VCU School of Pharmacy and Ericka L. Crouse, PharmD, Associate Professor, Dept. of Pharmacotherapy and Outcomes Science, VCU School of Pharmacy. Moderated by VCU Gerontology's Dr. Jenny Inker.

Register online at worldeventsforum.net/mhati

December 5, 8:00a.m. Williamsburg

Alzheimer's Disease and Dementia Care Seminar

Instructed by Teresa Sweaney, BA, LPN, CDP, CADDCT, -Certified Senior Advisor, and Certified Geriatric Care Manager for Riverside Health Systems ChooseHome.

Location: Thomas Nelson Workforce Center, 4135 Ironbound Road
Second Floor

Take the path to certification as a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners and International Council of Certified Dementia Practitioners.

Eight CEU's available from TNCC

Register by calling 757-825-2937
or tncc.edu/workforce

December 6, 9:30a.m. - 2p.m. Burkeville

An Introduction to Depression and Suicide in Older Adults

Featuring Dr. Sean Goodwin, licensed Clinical Psychologist at Piedmont Geriatric.

\$20 or \$37 with CEUs. Piedmont Geriatric Hospital.

Email christy.ballou@dbhds.virginia.gov to enroll by November 29

Other Opportunities

HandsOn Greater Richmond

Interested in Aging related service opportunities? HandsOn Greater Richmond, a program of the Community Foundation for a greater Richmond provides a link for individuals, families, teams, and corporate groups to join together and engage in meaningful volunteer opportunities within the Greater Richmond region.

www.handsonrva.org

For more information, please contact Stephanie Glenn, program manager, at 804-409-5595 or email sglenn@cfrichmond.org

Road Scholar

Known as Elderhostel until 2010, Road Scholar is the world's largest education and travel organization for adults. It offers diverse and affordable adventures in lifelong learning. Enjoy programs that excite your imagination, sharpen your intelligence and let you meet interesting people in fascinating places. The Virginia Center on Aging at VCU offers approximately 40 programs annually at Richmond, Big Meadows, Fredericksburg, Harrisonburg and Staunton. Programs range from three to six days in length.

For more information contact Road Scholar Participants Services at 800-454-5768

This document can also be found at www.inclusiveVA.org/rvatabletalk

These suggestions are intended for use by adults. Their listing on this page does not imply endorsement by the Virginia Center for Inclusive Communities of all content included therein

Celebrating

our elder gifts



From Dr. Bill Thomas' "Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life"

Themes of Elderhood



legacy creator

Through the journey of discovery, many elders create and share legacies, the impacts of which will extend long beyond our physical lives.



wisdom giver

Wisdom is often shared through story telling, and sometimes through being a mirror for others.



peace maker

Elders are often more able to see both sides of a situation - a valuable peace-making skill in any situation.

Thank you from



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**If there is
imminent
danger**

Call 9-1-1

**Adult Protective
Services**

Report abuse, neglect,
and exploitation of
adults 60 and over and
incapacitated adults
over 18 (can be
anonymous)

1-888-832-3858

**VA Sexual &
Domestic
Violence Action
Alliance**

Get connected to a
local domestic
violence or sexual
assault program

1-800-838-8238

**Senior
Navigator**

Search for local
service providers
online

seniornavigator.org



VCU

Virginia Center on Aging

College of Health Professions

- The Virginia General Assembly enacted the Virginia Center on Aging (VCoA) in the Code of Virginia in 1978 and located it at Virginia Commonwealth University. It was to be and is “an interdisciplinary study, research, information and resource facility for the Commonwealth of Virginia.” VCoA is the only such center in Virginia.
- VCoA has four core operating programs: 1) gerontology and geriatrics training 2) Alzheimer’s research and education 3) lifelong learning for mid-life and older adults and 4) combating elder abuse and domestic violence in later life.
- VCoA’s appropriation includes managing the **Geriatric Training and Education (GTE)** program, Virginia’s only state-funded source of training monies for developing the critical geriatric workforce, from nurse aides to practicing professionals across various disciplines. We screen and award small needs-based workforce development grants across Virginia on training topics like long-term care, medications in later life, geriatric interdisciplinary teams, arthritis, end-of-life care, geriatrics training for non-geriatricians, and more.
- VCoA’s appropriation since 1982 includes managing the **Alzheimer’s and Related Diseases Research Award Fund (ARDRAF)**, the most effective state-based seed grant program in the country for research into the causes, consequences, and treatment of Alzheimer’s disease and other dementias. Over the past 35 years, each \$1 in appropriation from the General Assembly has returned over \$9 to Virginia from non-Virginia sources because the ARDRAF awardees use their pilot findings to obtain larger grants.
- VCoA manages the **VCU Road Scholar program**, and co-founded the **Lifelong Learning Institute of Chesterfield**. Road Scholar operates in Fredericksburg, Harrisonburg, Richmond, and Staunton. Our co-sponsored LLI in Midlothian offers over 640 courses each year and has over 1200 members.
- VCoA is a nationally recognized leader in **combatting elder abuse and family violence**. Since 1998, we have provided professional development on recognizing and responding to abuse in later life to hold perpetrators accountable and promote victim safety. Since 2007, we have coordinated training and educational events for more than 3,000 professionals throughout Virginia and across the nation, including law enforcement, victim services, APS, and judges. The primary sponsors of this work are the US Department of Justice and Virginia’s Department of Criminal Justice Services.

