

Senior
Statesmen of
Virginia

www.seniorstatesmen.org



The mission of SSV, a nonprofit, nonpartisan, educational and advocacy organization, is to enable seniors to identify and articulate their viewpoints on the issues affecting all citizens of Virginia, to encourage knowledge of and active participation in the legislative process of government, and to disseminate information about the social, governmental, and educational institutions that offer support and assistance.



MEETING ANNOUNCEMENT

The next meeting of the **Senior Statesmen of Virginia** will be held on
Wednesday, March 11, 2020, 1:30 – 3:00 p.m.
at the **THE CENTER, 491 Hillsdale Drive**

The Center at Belvedere a vision becomes a reality!

Peter Thompson, Executive Director, The Center

The Weldon Cooper Center says the aging of our local community is the number one demographic issue we face. Research consistently shows that what The Center at Belvedere will offer are the key ingredients for aging well—programs and spaces to promote social, physical and intellectual wellness. Executive Director **Peter Thompson** will share the plans for the new Center including a brief video of the construction process and current interior photos including spaces SSV will hold meetings beginning next month! Additionally, he will unveil information on the new programs The Center will offer and answer questions you may have about the opening schedule and more.



Peter joined the Center in 1999. A resident of Charlottesville for more than 40 years, he received his undergraduate degree from UVA and his MPA with a concentration in nonprofit management from VCU. While serving from 2006–2012 on the National Institute of Senior Centers (NISC) Delegate Council, a part of the National Council on Aging (NCOA), Peter chaired a national task force on New Models of Senior Centers; the resulting report was published in the *Journal for Applied Gerontology*. He serves as a NISC accreditation reviewer and standards trainer. Recently, he worked with a small group of his peers to found the Virginia Association of Senior Centers within the Virginia Recreation and Parks Society. This association gives senior centers a greater voice in helping Virginia and its localities prepare for the age wave. He has also served on the Board of Directors of the Charlottesville Regional Chamber of Commerce, Osher Lifelong Learning Institute at UVA, and Madison House. He was a founding director for the Virginia Network of Nonprofit Organizations

(VANNO), serving two years as chair, and for the Center for Nonprofit Excellence (CNE) in Charlottesville. In 2010, the United Way Thomas Jefferson Area selected Peter for the Excellence in Nonprofit Leadership award.



Bushman Dreyfus Architects

SSV PROGRAM IS FREE AND OPEN TO THE PUBLIC

In case you missed the February 12 meeting:

Annie Marrs, family services director of the Alzheimer's Association, Central and Western Virginia Chapter, spoke on Understanding Alzheimer's and related disorders. Her presentation reviewed many of the issues that surround Alzheimer's including the impact of the disease, typical changes, risk factors, stages, treatment, research, programs and services offered by the Alzheimer's Association. With rare exceptions Alzheimer's is a disease of aging, and with the population living longer the economic impact of the disease is immense and serves as a stimulus for research. In normal aging, stress and multitasking may cause confusion. When confusion results in interfering with daily functioning, there may be greater cause for concern.

There are three stages of the disease, early, middle and late. Early diagnosis allows the patient to be a partner in their long-term care plan. In Alzheimer's there is no cure, but there are steps that can be helpful, medications can be useful with early symptoms and may slow progression. Local support groups are available to patients and caregivers. Sentara has one monthly. Family members in the audience acknowledged the helpful support of the local Alzheimer's Association. For further information: amarrs@alz.org or 434-973-6122, 24-hour hotline 1-800-272-3900.

You can hear the entire program as recorded and podcast by the *Charlottesville Podcasting Network* by accessing it on the Senior Statesmen website: www.seniorstatesmen.org/. Also available on the website is a PDF file of the PowerPoint presentation utilized by Annie so you can listen to the podcast and follow along as you view the slides.



Membership in the SSV is open to all past and present citizens of the Commonwealth of Virginia. **Join now!** Annual dues are just \$20.00. Mail your check in the amount of \$20.00 (payable to "SSV") to Senior Statesmen of Virginia, P.O. Box 6591, Charlottesville, VA 22906. Telephone: 434-806-4474. E-mail: jimp@videoprovirginia.com

Please visit our website at: www.seniorstatesmen.org/

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