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### 2022 Holiday Closings

Monday, January 17 - Martin Luther King, Jr.

Monday, February 21 - President's Day

Monday, May 30 - Memorial Day

Monday, June 20 - Juneteenth (observed)

Monday, July 4 - Independence Day

Monday, September 5 - Labor Day

Monday, October 10 - Columbus Day

Friday, November 11 - Veterans Day

Wednesday, November 23 (noon) - Friday,

November 25 - Thanksgiving Day

Monday, December 26 - Christmas Day (observed)



HEALTHY  
GENERATIONS

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Fredericksburg, VA 22405

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Hours M - F, 8 am - 4:30 pm

Summer 2022 | Volume 19, Issue 3

## Stay Cool This Summer!

Drink plenty of cool water and avoid alcohol and caffeine. Don't wait until you feel thirsty; stay hydrated throughout the day.

Cool snacks such as fruit popsicles or frozen grapes could be a healthy and cooling way to beat the heat.

Lighter, cooler meals are better than heavy, hot entrées. Cold salads and sandwiches are the best choice.

Use a cool washcloth on the back of your neck when you're feeling overheated. Placing your feet in a pan of cool water is also a good way to cool down. (Just make sure it's not too cold!)

Keep the house as cool as possible. Keeping the shades closed during the hottest parts of the day helps your fans and air conditioners run more efficiently and less expensively.

Wear light layers of clothing so it is easy to adjust to an increase in temperature. Cool cotton fabrics are lightweight and breathable. Avoid heavier polyester fabrics.

Visiting a senior center, shopping mall or coffee shop is a great way to find a cool, air-conditioned environment (that is free!).

Cool showers, baths, and washcloths can help you feel cooler quickly. For maximum cooling, keep the water just below body temperature.

There are inexpensive cooling products that you can keep in your freezer. Avoid direct contact with the skin if you are using ice or ice pads.

Contact HGAAA to inquire about the Senior Cool Care program!



On February 28, 2022, the Biden-Harris Administration announced a set of wide-ranging reforms aimed at improving the quality of nursing home care for residents. These reforms take aim at longstanding issues that have plagued nursing home care for decades, including poor staffing, inadequate enforcement, and lack of transparency in nursing home ownership and how taxpayer dollars are spent.

If implemented, these reforms would be the most significant increase in protections for nursing home residents in decades. Some of these provisions will be implemented by the Centers for Medicare & Medicaid Services (CMS), while others will require Congress to pass legislation. Regardless, implementation would result in better outcomes for hundreds of thousands of nursing home residents.

- 1. Ensuring Taxpayer Dollars Support Nursing Homes That Provide Safe, Adequate, and Dignified Care**
- 2. Enhancing Accountability and Oversight**
- 3. Increasing Transparency**
- 4. Creating Pathways to Good-paying Jobs with the Free and Fair Choice to Join a Union**
- 5. Ensuring Pandemic and Emergency Preparedness in Nursing Homes**

We don't talk about trees getting older, we say they're "growing".

Let's use the same term for ourselves. We're not getting older, we're just "growing".

That's the spirit of living.

## ***VOLUNTEER FOR CYBER-SENIORS***

Healthy Generations Area Agency on Aging (HGAAA) is seeking volunteer candidates to mentor senior café participants in the use of technology such as tablets, computers, video applications, social media, etc.

Must be self-motivated, energetic, excellent people skills, patient, with a warm demeanor.

Candidates must be flexible and have compassion for the older population.

Responsibilities include mentoring seniors to bridge the digital gap.

We seek volunteers who are free during our business hours. Bilingual volunteers are also appreciated. Must be 18+ and pass a background check. Training is mandatory.

***WHY VOLUNTEER?***

***IT'S INSPIRING!!!***

***IT'S FUN!!***

**Contact: Brice Woodall**

**540-371-3375**

**[volunteers@healthygenerations.org](mailto:volunteers@healthygenerations.org)**

**(Other volunteer opportunities are available.)**



# 3 TOP TIPS FOR IMPROVED COMMUNICATION DURING DOCTOR VISITS

## 1. Prepare for appointments

Make a list of problems you or your older adult want to discuss.

Make a list of all symptoms or issues - when they started, when they're worst, etc.

Make a list of all the medications, vitamins, supplements, and over-the-counter medications you or they are currently taking.

## 2. Ask plenty of questions and take notes

If something isn't clear, ask the doctor or nurse to explain it a different way, write it down for you, or use more common terms.

For example, if the doctor prescribes a new medication, ask about common side effects or if it will interfere with other medicine.

Another example is to ask how you would know if a treatment is working or not.

## 3. Call the doctor when you have questions

If a problem or question comes up, call the doctor immediately.

Don't wait until the next appointment.

Getting answers right away can prevent small problems from becoming big ones.

# TECHNOLOGY SPOTLIGHT

Let's look at a few examples of how humans get hacked:

## ***Urgency***

Social engineers use persuasion techniques to bypass critical thinking. They want us to make a quick decision and take action without considering the consequences. This is often the strategy used in phishing attacks that urge you to immediately click on a link or download an attachment via email.

## ***Fear***

A summons to appear in court. A phone call that claims a payment is overdue. A text message that claims an account has been compromised. These are all examples of typical scare tactics that social engineers use to trigger emotions and elicit a response.

## ***Curiosity***

People are naturally curious. Social engineers know that when someone finds a random USB flash drive, they will be tempted to plug it in and view its contents. This is an easy way to infect computers with data-stealing malware.

## ***Trust***

The best way to scam someone is by gaining their trust. Social engineers try to gather as much information as they can about their target in hopes of appearing legitimate. In the case of spear phishing, the attackers craft personalized messages that increase the likelihood of engagement.

## ***Desperation***

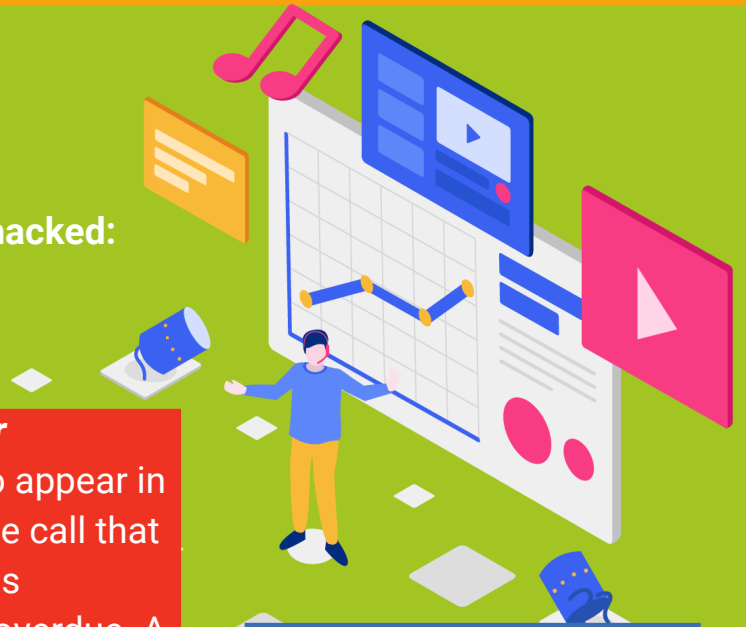
During acutely stressful times like natural disasters, illness, or financial pressures, people often lose their ability to think clearly. Scammers exploit those situations by offering unrealistic promises and get-rich-quick schemes.

## ***Sympathy***

Someone approaches an office entrance with their hands full. The polite thing to do is hold the door open for them, right? Unfortunately, that sympathetic reaction could allow an attacker unauthorized access to a secure area.

Social engineering is defined as an attack that uses psychological manipulation, but why is it so successful? Social engineering works because life can be stressful. We are often busy, tired, and distracted.

When that happens, mistakes are easy to make.



Healthy Generations Area Agency on Aging's Mobility Options Travel Training program was selected as the recipients of the Virginia Transit Association's (VTA) 2022 Outstanding Community Program Award - Small System for Fredericksburg Regional Transit Travel Training. The nomination was submitted by Fredericksburg Regional Transit (FXBGO!) on behalf of our program and in support of the truly amazing partnership we have developed with the local public transit company. We are proud to partner with FXBGO! and continue to support the growth of public transit in our region through transit travel training.



**This photo is of Travel Trainer, TaMara Banks, and Mobility Manager, Jennifer Falknor, receiving their wonderful award.**



# 6 ways to reduce senior fall risk

**1. MAKE THE HOME SAFER BY DECLUTTERING KEY AREAS, IMPROVING LIGHTING, AND MAKING SAFETY UPDATES**

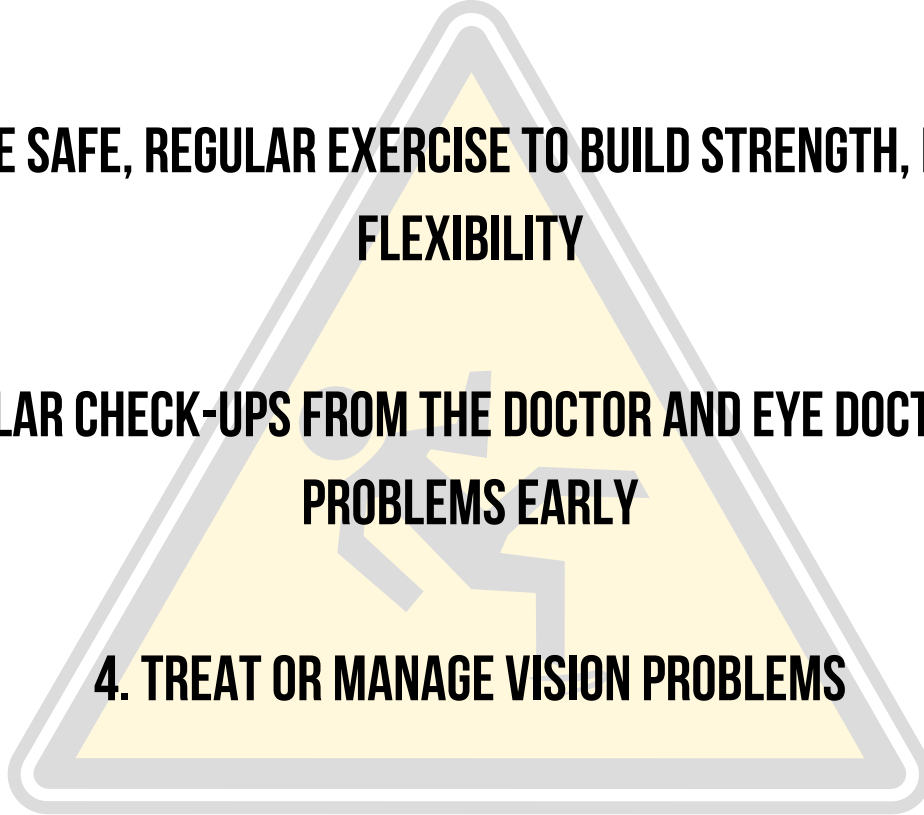
**2. ENCOURAGE SAFE, REGULAR EXERCISE TO BUILD STRENGTH, BALANCE, AND FLEXIBILITY**

**3. GET REGULAR CHECK-UPS FROM THE DOCTOR AND EYE DOCTOR TO CATCH PROBLEMS EARLY**

**4. TREAT OR MANAGE VISION PROBLEMS**

**5. USE PROPERLY-FITTED WALKERS AND CANES CORRECTLY**

**6. WEAR COMFORTABLE, SUPPORTIVE, PROPERLY-FITTED SHOES AND SLIPPERS WITH NON-SLIP SOLES**



### ABOUT HEALTHY GENERATIONS

Created as a not-for-profit corporation in July of 1976, Healthy Generations serves Planning District Sixteen, comprised of the City of Fredericksburg and the surrounding counties of Caroline, King George, Spotsylvania, and Stafford.

The Older Americans Act, as amended, stipulates that each state establish Area Agencies on Aging to be responsible for the development of services for senior citizens. Area Agencies on Aging have the responsibility for developing such services so that available programs remain responsive to the needs of the elderly.

**The mission** of Healthy Generations Area Agency on Aging is to enhance the quality of life for all older citizens.

**Its vision is:** To promote and assure the highest level of service attainable for every older person in Planning District 16, which will provide the opportunity to live a more dignified and meaningful life.

- HGAAA CAN HELP WITH
- Carenet - Personal Emergency Response System
  - Emergency Assistance
  - Employment Training
  - Home Delivered Meals
  - Homemaker Services
  - Legal Assistance (Referral)
  - Long-Term Care Ombudsman Program
  - Senior Cafes
  - Directory and Newsletter
  - Telephone Reassurance Checking
  - Transportation
  - Virginia Insurance Counseling/Advocacy

### WALK THROUGH BEAUTIFUL DOWNTOWN FREDERICKSBURG

Starting with a 9:30 am registration in the parking lot of Brock's Riverside Grill, join other walkers for a leisurely stroll or a morning power walk through downtown Fredericksburg. Walk the same streets as George Washington and his family, Civil War soldiers and everyday residents of then and now.

REGISTRATION:  
9:30 am  
Brock's Riverside Grill  
503 Sophia St,  
Fredericksburg, VA 22401

For more information on sponsoring and walking scan this code.



**THE FIFTH ANNUAL**

# ELECTRIC STRIDE

**09.17.22**

**HEALTHY GENERATIONS**



Electricity can transform people's lives, not just economically but also socially. -Piyush Goyal

### BE A SPONSOR

	Transformer \$1,000	Circuit Breaker \$500	Volt \$250	Watt \$100
Company Logo on Banner	⚡			
Company Logo on Signage	⚡	⚡		
Company Logo on Webpage with Link	⚡	⚡	⚡	⚡
Company Logo on Shirts	Biggest	2nd Biggest	3rd Biggest	Name Only

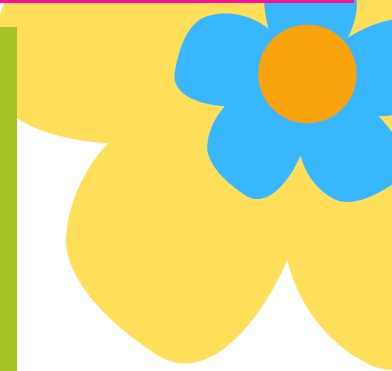
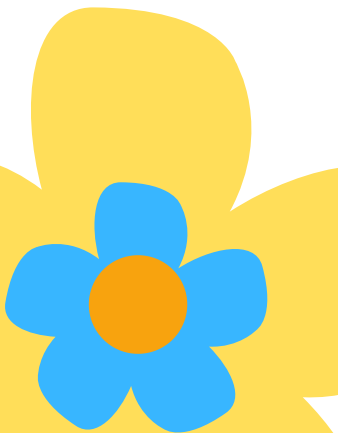
Interested in being a sponsor? Mail your payment and contact information to:  
HGAAA 460 Lendall Lane, Fredericksburg, VA 22405;  
visit [www.healthygenerations.org](http://www.healthygenerations.org) or call us at 540-371-3375  
You'll be contacted for your logo



### REGISTER TO WALK

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 T-Shirt Size \_\_\_\_\_

Registration is \$10 per person or \$25 per family





## "GET TO KNOW A VOLUNTEER"

# Susanne Uno



### 1. Where are you from?

I was born in Kansas, which I soon left when my father re-joined the military. Ever since I was a baby, I've been moving from town to town and state to state every few years or so, as if it's programmed into my DNA.

### 2. What are some fun facts about you?

I like to read, and if there is something I want to learn, I try to find the books I need to teach myself. This may not sound like fun for some people, but for me it is. I taught myself biblical Greek and now I am reading about psychoanalysis, critical theory, and thinking about thinking (mindfully).

### 3. Favorite book?

A book I read recently and found inspiring is Marsha Linehan's autobiography, *Building a Life Worth Living*. She came up with her own treatment program based on what had worked for her when nothing that others tried worked. Her approach, Dialectical Behavior Therapy, is now a well-known and effective program that has helped many.

### 4. Favorite video game or board game?

I play Rummikub with my husband or grandchildren. Sometimes I do Sudoku. Both help strengthen my brain muscles.

### 5. Favorite movie and TV show?

I have a lot of favorites. "The Queen's Gambit," "Yellowstone," "Homeland," are just a few that I remember to be binge-worthy. I know I don't need to mention "Game of Thrones."

### 6. How did you choose Healthy Generations for your volunteer opportunity?

My daughter's husband told my husband and me about what he was doing in the volunteer program in his county. My husband was interested in doing something like that and so my son-in-law emailed us information about a similar volunteer program in our county. That is how we came to learn about and then volunteer for the Senior Café with Healthy Generations.

### 7. Would you like to share anything about your volunteer experiences?

I really appreciate meeting and spending time with the people in the program. Social interaction, regardless of age, is so very important for mental and physical health. Feeling welcomed to join in with others in conversations and activities has meant a lot to my husband and me and we are very grateful for that.

## INTERESTED IN VOLUNTEERING?

Many volunteer opportunities are available!

Contact our Volunteer Coordinator, Brice Woodall for more information

[bwoodall@healthygenerations.org](mailto:bwoodall@healthygenerations.org)

540-371-3375

[www.healthygenerations.org](http://www.healthygenerations.org)



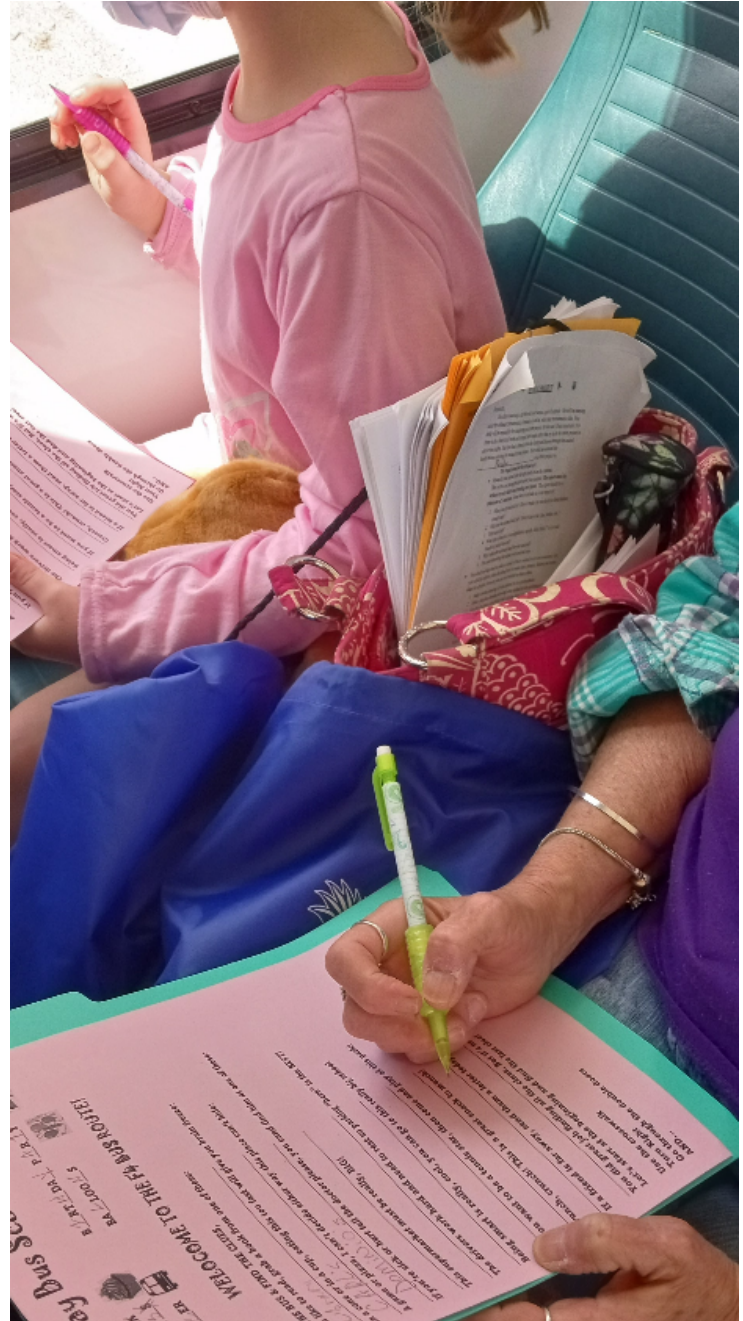


## Let's have a scavenger hunt with FXBGO!



This was so much fun! In early spring we were fortunate to work with Ms. JoAnna Roberson from the George Washington Regional Commission to create a Birthday Scavenger hunt surprise for her granddaughter! Ms. Roberson's granddaughter LOVES the bus and for her eighth birthday we put together a transit scavenger hunt that she was able to do while riding the bus with her sister, mother, and grandmother. They solved riddles to find landmarks around town that could be found on the route they were riding.

It was a fun way to learn about the FXBGO! system and remove fears and apprehensions about public transit. We were having so much fun, other riders on the bus participated along with us! We ended the day with lunch at CAKE at the Courtyard Marriott downtown. Special thanks to Ms. Roberson and her family, FXBGO! Fredericksburg Regional Transit, and the Courtyard Marriott for helping to make this a success. If you would like to learn more, please reach out to our Travel Trainer for more information!



# Summer Wordsearch

g e t e c s a n d a l s n  
n n r n a s u i v u g e p  
i i i s e s s a l g n u s  
c h p y a l c n o u i c r  
t s s a a a l l f s m e t  
e n k d t l f a c t m b m  
n u c i n f p a b m i r l  
t s o l p e m a u e w a g  
s n t o j p i s h c s b s  
h g t h i u i r s c s a o  
n g a n f l l n f c a s b  
t l g u s m n y g d a e w  
m t e n n i s o c c e r b

summer  
vacation  
beach  
tents  
trips  
baseball  
playing  
July

swimming  
golf  
cottage  
friends  
tennis  
sun  
sunglasses  
August

holidays  
fun  
camping  
barbecues  
skipping  
sunshine  
sandals  
soccer

## HEALTHY GENERATIONS AREA AGENCY ON AGING

Board Chairman  
Cathy Binder

Advisory Council Chairman  
Cindi Bowen

Executive Director  
Pat Holland

Executive Assistant  
Allison Thompson

Director of Operations  
Angela Snyder

Finance Director  
Susan Lucas

Director of Transportation  
Boyd Elliott

Mobility Manager  
Jennifer Falknor

VICAP Counselor/ LTC  
Ombudsman  
Nicole Farmer

Client Services Coordinator-  
In-Home Services  
Kim Dickinson

Client Services Coordinator -  
Nutrition  
Neal Tidman

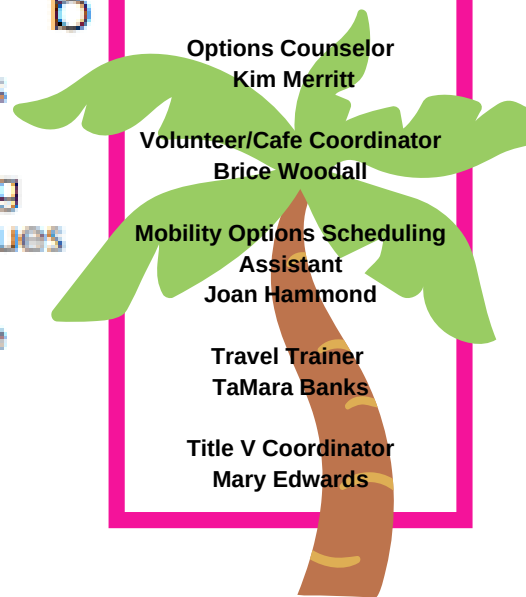
Options Counselor  
Kim Merritt

Volunteer/Cafe Coordinator  
Brice Woodall

Mobility Options Scheduling  
Assistant  
Joan Hammond

Travel Trainer  
TaMara Banks

Title V Coordinator  
Mary Edwards





**Healthy Generations Area Agency on Aging  
460 Lendall Lane  
Fredericksburg, VA 22405**

TO:



**Consider a gift to Healthy Generations Area Agency on Aging  
Send your donation payable to:  
Healthy Generations Area Agency on Aging (HGAAA)  
460 Lendall Lane  
Fredericksburg, VA 22405**