



SENIOR LIVING

*A special section of the Greene County Record,
Madison County Eagle and Orange County Review*

April 25, 2019

Mountain View Nursing Home



Professional Nursing Care Provided in the midst of

Beautiful Country Elegance

You are invited to experience the Mountain View difference for yourself!

Call (540) 948-6831 for a tour of our accommodations.

Located in beautiful Madison County

1776 Elly Road, Aroda, VA 22709

"Home is Where They Love You!"



Partners in Art Adventures

BY JEFF POOLE

Orange County Review

Orange County has a thriving arts community, and some of its most prolific and talented artists aren't in boutique shops or trendy galleries. Instead, they gather twice a month to challenge themselves in new media and different disciplines at Dogwood Village Senior Living as part of the "Art Adventures" outreach program of The Arts Center In Orange.

This is not "arts and crafts."

A dozen artists work in clay, pastel, watercolor, collage, acrylics and more building pieces for their annual show each September during National Assisted Living Week.

"Some of the work I have seen from Art Adventures should be in a museum," Dogwood Village Activities Director Ashley Gore noted.

In 2001, early Arts Center leaders Linda Marston-Reid and Aimee Hunt conceived of the idea of an outreach program that would bring fine arts to those in the community who might not otherwise experience them.

Somewhat serendipitously, Anna Marie DeMio Downen was bringing some flowers to Dogwood Village when she received a call from Marston-Reid asking her if she'd be interested in teaching art to residents at Dogwood Village.

"It was one of those moments when you take a direct hit and know this is what you're meant to do," DeMio Downen, now the Arts Center's outreach director, said.

She cited former Dogwood activities director June Dunaway as one of the key figures in cultivating an arts program for Dogwood residents.

"We have a great partnership at

Dogwood Village," DeMio Downen said. "Art is so much more than an extracurricular activity and they understand that. It is integral to being a human and it's a privilege to work with these artists."

"Anna Marie brings a purpose to art and exposes residents to different artists and mediums," Gore said. "The residents work with things they might not have ever been able to work with."

"They always rise to the challenge," DeMio Downen said.

Gore noted that some residents face physical challenges or limitations that may affect their participation but also help influence and define their works.

"I hear a lot of 'I am not an artist,' or 'I can't do this,'" Gore said, "but I have residents ask me almost daily 'When is Art Adventures?' 'When is Anna Marie coming back?' 'What are we going to do in art?'"

When she introduces a new skill, project or concept, DeMio Downen also hears a few doubts from her students.

But those doubts recede as the artists find success. "They have such a tenacity," she said. "These are people who have rich lives and something in them that allows them to try new things and hang tough until it all comes together."

"They don't have any boundaries in terms of art," she continued. "They aren't judging it, but they have a lot of talent. Each person over the years has brought something so individually talented to the table, that everyone stands out creatively, one way or another. And that's the particular and splendid beauty of it: every single person has shining creative moments."



CONTRIBUTED PHOTO

Pictured above, Arts Center outreach volunteer and art teacher, the Rev. Joseph Moore, leads a discussion with Dogwood Village residents in the Morin Gallery of The Arts Center In Orange during the recent "Tangible Spirit" African-American art exhibit.

Throughout the year, Gore carefully collects and preserves those "moments" until mid-September when Dogwood hosts its annual "Art Adventures" show featuring a year of the artists' best works.

But that's not the end of the program—just a showcase. In addition to the monthly art activities, Arts Center outreach efforts include gallery visits, musical performances, history presentations and author readings.

"The Arts Center does a great job at

making sure it is meeting the needs of all our residents, not just the ones in the art class," Gore said. "Our residents really enjoy when Alex Caton comes and plays her eclectic instruments and when Julie Jackson comes and does 'Name That Tune' with the residents. That brings back stories and memories of their childhood. The number of residents' lives the program has touched with all of the programs, not just Art Adventures, is amazing. We are very fortunate to have this bond with the Arts Center."

On the cover: Arts Center In Orange Outreach Director Anna Marie DeMio Downen, left, is pictured with Renate Ruzich, right, at the 2018 Art Adventures exhibit at Dogwood Village Senior Living.

Photo by Jeff Poole

Greene Pharmacy



331 Main Street - Stanardsville

Transfer Your Prescription

With a Phone Call!

434.985.3424

Prescription & Over-the-Counter Remedies • Compounded Medicines
Hearing Aid Batteries • Home Health Care Items
Cards & Gifts • Special Order Items

We accept:

Medicare Part D • Medicaid • Tricare

Most Insurances Accepted!



We make it easy to get everything you need with friendly, helpful service and a wide range of convenient products!

Screenings, services, info offered at May 4 health expo

BY TERRY BEIGIE

Greene County Record

Grace Health and Rehab of Greene County is partnering with the University of Virginia (UVA) Health System to bring a community health expo to Stanardsville on May 4.

"This is a way to keep not only our residents healthy and educated, but also the community," said Michelle Pitts, marketing director at Grace Health and Rehab.

This is the first Community Health and Education Expo the UVA Health System has conducted in Greene, though they have hosted others in the past in Orange and Louisa counties, Pitts said.

The free event will feature medical professionals inside the center with educational booths, vendors and entertainment outside (weather permitting). In the event of rain, all activities

will move inside, Pitts said.

There will be numerous onsite screenings available, as well as medical professionals to discuss the results. UVA Health System will provide screenings of peripheral arteries, varicose veins and lungs.

"UVA has not disappointed us," Pitts said.

The health system also will have a doctor there to discuss urological health and a registered dietician.

There will be blood pressure and glucose screenings from RappU Healthcare Training in Sperryville and hearing and vision screenings by Greene County Lions Club members.

Postural screenings and wellness education from Culpeper Medical Center Rehab and Powell Wellness, of Madison, also will be offered.

Pitts said participants will get a passport book to take to each of the health stations which can be returned at the event's conclusion to be entered for

raffle drawings.

"I want to ensure everybody gets to the stations. It's important to me that everyone get to all the health events," she said. "But, the event won't just focus on health and medical services but also other organizations with information to educate the community on different things to be aware of and what's available to them."

Vendors include the Jefferson Area Board for Aging (JABA), home-health companies, hospice and more. Additionally, there will be a Veterans Administration benefits specialist and DMV2Go representative.

For live entertainment, cloggers will perform from noon to 1 p.m. and a band from 1 to 3 p.m.

Parking can be a challenge, Pitts said, so she's working on providing a shuttle that will take people to and from the Greene County Library, at 222 Main St., Stanardsville. There is parking behind the library in front of Piedmont

Community Health and Education Expo

WHEN: Saturday, May 4,
11 a.m. - 3 p.m.

WHERE: Grace Health and Rehab of
Greene County, 355 William
Mills Drive, Stanardsville

INFO: (434) 985-4434

Virginia Community College, but the shuttle will pick up people in front of the library, she said.

Pitts hopes to make the health expo an annual event and that UVA continues to partner with Grace.

"My goal is to keep the community healthy and educated," she said. "The more community participation we have, the more things I can bring to them for educational, wellness and entertainment purposes. We're so very excited."



Thank you for your confidence!

Culpeper's BEST Ophthalmologist
RUSSELL BREAR, MD

Specialized in Cataract Surgery & Eye Diseases

Cataracts • Glaucoma • Macular Degeneration • Diabetic Eye • Emergency Eye Care
Dry Eye • Allergy Testing • Comprehensive Eye Exams • Advanced Technology Lenses

COMMONWEALTH EYE CENTER

"We keep the CARE in your EYE CARE!"

633 Sunset Lane, Suite E, Culpeper

(540) 825-3655 • www.commonwealththeyecenter.com



Aging Together honors 5 Over 50

Since 2014, Aging Together—a community resource serving Orange, Madison, Culpeper, Fauquier and Rappahannock counties—has been honoring local citizens who have given their time and talent to their communities.

The Culpeper-based nonprofit that serves older adults and their caregivers developed the Five Over Fifty Award to celebrate the exceptional accomplishments of residents in the region over the age of 50.

Carol Simpson, Aging Together executive director, said the selection committee looks for nominees from the five counties that have been behind-the-scenes supporters of community organizations.

“We ask the community for nominations,” said Simpson. “We really like to find people that have been low-profile, not necessarily the person at the forefront of an organization but the ones

behind the scenes, helping and supporting their communities.

“This award is a great way to spread the word about volunteering. Focusing on these five individuals and their contributions also shines a spotlight on the organizations that rely on volunteers,” she said.

Simpson said that many of the nominees shun the limelight and often minimize their significance.

This year, Aging Together recognizes Maxwell Lacy of Madison, Jeff Flynn of Orange, Cathy Zielinski of Culpeper, Barney O’Meara of Rappahannock and Doug Larson of Fauquier.

Lacy began volunteering as a child, helping his mother raise funds for Mount Zion United Methodist Church, where he now leads the men’s group. He was active in the local and state Jaycees, Madison Boosters and Madison County Historical Society. He helped create the Madison County

Blue Ridge Heritage Project Memorial last year.

Flynn is a founding member of LOWLINC, an organization dedicated to providing services to older adults wishing to “age in place” at Lake of the Woods. He also started the first Boy Scout troop and organized the first soccer teams in eastern Orange. He has been a Lions Club member for 25 years and is a volunteer tax preparer through AARP.

Zielinski was the first project coordinator for Aging Together, was executive director for Services to Abused Families (SAFE) in Culpeper and recently retired from the Rappahannock-Rapidan Regional Commission.

O’Meara works with RappU, providing lifelong learning and workforce training, and serves on the foster care family task force.

Larson, who retired from the Piedmont Environmental Council,

5 Over 50 Celebration

WHEN: Thursday, May 30, 7 p.m.

WHERE: Country Club of Culpeper

INFO: Tickets and information are available at agingtogether.org

is a founding member of Fauquier Community Theater and has served on the boards of the Fauquier Hospital, chamber and Highland School.

Past recipients in Orange include: Dr. Randy Merrick, Sean Gregg, Bob Hall, Dorren Brown and Mary Lou Seilheimer. Madison recipients are: Jean Kane, Nancy Knighting, Jack and John Fray, Robin Corum and Valerie Cruz.

“We celebrate these ‘shining stars’ who invest their time and talents to ensure our region remains a wonderful place to live,” Simpson added.

A community conversation on aging

BY BECCA PIZMOHT
Staff Writer

Aging Together, the local nonprofit dedicated to providing support for older residents and their families in Culpeper, Orange, Fauquier, Madison and Rappahannock counties recently held the first of six community meetings at the Madison County fire hall.

The meetings, held in conjunction with the American Association of Retired Persons and titled “Community Conversations on Aging,” focus on learning more about the needs and concerns of the aging population of the region.

Data from the U.S. Census Bureau and the University of Virginia’s Weldon Cooper Center for Public Service estimates that the Madison County population aged 75-plus is expected

to grow and become 14.6 percent of the total population. Total population is expected to have small gains from 2020-2040, but the percentage of the population 75 and up is expected to increase by almost 50 percent.

Participants were asked three questions: “In your opinion, what strengths/assets does this community have that help or improve your aging experience? What concerns do you have as you age in this community and what gaps do you experience or see? What opportunities do you believe our community could leverage to improve your aging experience?”

More than 80 Madison residents attended the forum and expressed a variety of concerns about aging in Madison County. Most participants were happy with the quality of life in Madison County and identified many of the county’s strengths and assets,

including the MESA food pantry, emergency services, the Madison County Public Library and the Madison Senior Center. The friendliness of the area also was viewed as a positive, as was the availability of a wide range of worship opportunities.

Seniors with a strong social network and family in the area perceived

transportation in the rural area to be less of a challenge than those with fewer connections. Madison County has very limited public transportation options, so getting to stores, doctor appointments and social gatherings

See **CONVERSATION**, page 7

May is Better Hearing Month

Let us make sure you’re hearing all that life has to offer!

 Rivanna Hearing Center

182 Spotnap Rd, Charlottesville, VA
(434) 244-3277
rivannahearingcenter.com

Greene couple holds court at JABA senior center

BY LOGAN BOGERT
Greene County Record

In 2003, Gloria Palmer and Louis “Pete” Madden met at the Jefferson Area Board for Aging (JABA) center in Stanardsville to attend activities and to meet and socialize with other area seniors. A year later the couple, then in their 70s, decided to get married.

“We were just doing things and having fun,” Palmer, now 92, said. “We took a liking to each other. We all of a sudden felt like we were meant for each other. He was very kind, and we just felt like we wanted to get married.”

Palmer said no one at JABA, a center focused on services for seniors, was aware the pair was even dating, despite

them being named “King” and “Queen” at an event before they were married. Palmer and Madden were married in 2004 at her Ruckersville home, where they lived until Madden was diagnosed with Alzheimer’s and relocated to the Harbor in Stanardsville. Just this month, Madden passed away at age 92.

“He was the man of this center here,” Palmer said on a recent visit to JABA after her husband’s death. “We had a beautiful service of his life at our church. We had a good marriage—they were wonderful, golden years. [JABA] has been supportive of me, and they loved him here.”

Palmer has been coming to JABA for 16 years, ever since the center opened in 2003,

only taking time away from the center when caring for her husband during his illness.

“I advise any older person to come and join us. I’m very happy here. I look forward to coming,” she said.

JABA manager Sandra Davis said supporting and caring about their members’ lives is what the center is all about.

“It’s more than just a job to us,” Davis said. “We’re family; we become so close. It’s about what goes on in their lives, and we want to be there to support. We’re here to support whatever our members are going through and encourage them.”

The JABA senior center meets at 222 Main St., Stanardsville. The center is open Tuesdays, Wednesdays and Thursdays from 9 a.m.



CONTRIBUTED PHOTO

Pictured above, JABA center manager Sandra Davis, left, recognizes Gloria Palmer and Pete Madden as “King” and “Queen” at a JABA event before they were married.

to 1 p.m., serving a hot lunch daily. Programming is free. Transportation may be available to those unable to

drive. Call (434) 985-2047 or visit www.jabacares.org for more information.

Centered on serving seniors

Rappahannock Rapidan Community Services (RRCS) senior centers provide nutritious meals and fellowship for eligible seniors ages 60 and over.

In addition to a lunch, participants enjoy the opportunity to socialize and meet new friends, experience educational opportunities, participate in wellness programs, and enjoy interesting and fun activities. Door-to-door transportation can be provided in most cases. Suggested donations are collected to help cover the costs of the meals. The senior centers also conduct fundraising programs throughout the year to generate revenue for a wide variety of social and recreational activities, including trips.

Some of the senior center activities include participation in Library of Congress (Culpeper) movie days, Older Americans’ Month service projects, games, exercise, music, disease preven-

tion programs and regional holiday luncheons.

An enrollment process is completed once a participant visits the center three times.

Centers are located in Madison, Orange, Rappahannock, Culpeper and Fauquier counties and are open Monday through Thursday from 10 a.m. to 2 p.m. and closed Fridays.

The Madison center is located at 1480 N. Madison St., Suite E, Madison. Call 948-4131 for more information.

The Orange center is located at 13010 Old Gordonsville Road, Orange. Call 672-5926.

In addition to programs, RRCS offers volunteer opportunities at each of the sites, as well as the Nest Egg Thrift Shop in Madison.

For more information on the centers or volunteer opportunities, visit www.rrcsb.org or call (540) 825-3100.

BECOME A VOLUNTEER DRIVER!

Volunteer drivers typically pick up people at their homes and take them to and from their medical appointments.

Getting started is easy! Call Sue at 540-505-5900 or visit www.FAMS.org for more information.

You must be at least 21 with a valid driver’s license and auto insurance. Older or disabled people depend on transportation support to go to doctors, pharmacies, etc. Many who don’t have access to rides can go without medical care or become socially isolated.

VOLUNTEER DRIVING IS A SIMPLE, LOW COST BUT HIGH IMPACT WAY OF GIVING BACK TO YOUR COMMUNITY!!

Do you need a ride? Call FAMS Call Center, 540-829-5300.

The benefits of BINGO for those with dementia

BY LOGAN BOGERT
Greene County Record

Every Tuesday morning at The Harbor at Renaissance, residents and volunteers can be heard singing “B-I-N-G-O” to kick off their weekly game.

For more than a decade, volunteers have been bringing the game to the Alzheimer’s care facility in

Stanardsville.

“It’s a labor of love. They really like the bingo, and it’s something that’s fun,” volunteer Bert Nye said. “When you can talk to one of them and call them by name they just light up. It’s a bright spot in their day.”

The Harbor focuses on aiding those who suffer from Alzheimer’s, dementia and other memory loss

disorders. One of the Harbor’s life enrichment coordinators, Debbie Hart, said the bingo games each week offer residents a chance to socialize and stimulate their brains.

“They love it, and it’s a sense of accomplishment for them,” Hart said.

Fellow life enrichment coordinator Taylor Walker agreed.

“I think it helps them remember

the things they might have once known, or bring back what they still know, and I think knowing they might win is exciting for them,” Walker said.

The Harbor is located at 422 Williams Mills Drive in Stanardsville. For more information, visit <http://renaissancealf.cc/> or call (434) 985-4481.

Conversation continued from page 5

could be seen as isolating although most of the participants had at least one friend or family member that could be called on for transportation.

Several expressed concern about the availability of home repair services, stating that the contractors in the region were backlogged and often priced too high for people on a fixed income, leading the residents to ignore potentially hazardous situations.

The lack of skilled caregivers was of concern to some participants. Several participants cited cases of a friend or relative needing home care and being unable to find qualified caregivers to help.

A few cited a lack of high-speed and dependable internet connections as a problem. Satellite is the only option for many in rural areas. There are some spots in the mountainous northern part of Madison County where satellite service is unreliable or isn’t possible.

Overall, the Madison County seniors at the meeting were happy about their quality of life and the opportunities for older residents. When queried about what could improve their quality of life, one of the top responses was an increase in senior-friendly activities. People were looking for possible art and music classes geared for adults, educational demonstrations and several expressed a desire for the Town of Madison’s concert

series, Music on the Lawn, to return. There was general concern about the lack of business growth in the county. Participants expressed desire for more restaurants and varied businesses in the Town of Madison and were concerned that Madison County could just become a suburb of Culpeper and Greene if it doesn’t foster sensible growth.

Shirley Workman, director of the Madison Senior Center, said that she and many of the participants from the center found the community conversation interesting and informative.

“This gave us a chance to express our concerns about our community,” said Workman. “There are so many positives about Madison County, but I think a lot of us are worried that our county as we know it will just dry up if there isn’t a plan for encouraging business. So many of our seniors want to see more restaurants and shops here in Madison. They are worried that if there is no business here, younger people will move away to be closer to their jobs. They are hoping to see our local officials encourage some growth.”

Ginny Biggs, county resource specialist at Aging Together, was also enthusiastic about the community conversation.

“I think this helps give us an idea of what we can do to help serve our older population,” said Biggs. “It also

was a great way to show the participants what is already here that they might not have been aware of.”

Similar meetings will be held in Rappahannock, Culpeper, Fauquier and Orange. For more information about Aging Together, visit agingtogether.org.

Aging Together Senior Prom

Aging Together will hold its 11th annual “Senior Prom” Saturday, April 27, in the gymnasium of Culpeper Christian School, located at 810 Old Rixeyville Road in Culpeper. The event will take place from 2 to 5 p.m. and will feature a fiesta theme.

Remembering Tradition



Sarita Ryan Powers and Ashleigh Coffey

We’re here for the community, as we have been for generations.

In your time of need, we’re here to provide comfort, knowledge and support. We are also proud to keep the traditions of faith alive.

For over 50 years, The Ryan Family has provided you and your loved ones with outstanding service. That tradition remains true today.

Ryan
Funeral Home, INC.

Ruckersville, VA | 434-985-2620

Personalized Attention – Compassionate Staff – Expert Advice

Health & Rehabilitation and Senior Living Services



"Dogwood Village has exceeded my expectations since my mother was admitted to the facility. We are blessed to have such loving and caring staff in addition to the friendly neighbors."

— Sally Napier

120 Dogwood Lane • Orange, Virginia 22960
540-672-2611 • Fax 540-672-3187 • dogwoodvillageocva.org

"Tradition of Excellence"

