**Aging Together Director Report**

**February, 2014**

**CRS and Live Well Coordinator**

Our two new staff have settled into their new positions and in just one month are doing excellent work. CRS Dianna Banks has used her existing contacts to bring in new members to Aging Together. She has also met with a number of current partners who work with us in ongoing projects including Jenny Biche (Mobility Management System), Lola Walker (Senior Centers & RSVP), and Pastor Hales (Faith Based Issues). Dianna has also begun outreach to the TRIAD’s in each community to work with them to expand their capacity. As she continues to develop in her position I expect that we will see a great deal of good work coming from Dianna.

Kristin Stobo is also using her existing contacts and making new ones to promote the Chronic Disease program more effectively and extensively than we have done before. More detail about her efforts is described below in the CDSMP overview. Kristin is hard working, organized and creative and she really believes in the Live Well program. Her communications with others as we get set to aggressively roll out new Leader Training and workshops this month has been extremely well done.

**Chronic Disease Self Management Program (CDSMP)/Live Well**

Program Stats: (8/12 – Current)

4 Workshop Series – 42 people completed (approximately one third of goal for the first year)

1 Leader Training – 8 Leaders completed, 4 still active, 2 are tentative

1 Master Trainer Training – Jennifer Shock-Bolles and Shirley Workman trained Fall 2012

* Our goal for this year is to have 120 people “complete” (i.e. attend 4 of 6 sessions) by September 1st.
* To reach this goal we need increase the number of Workshop Leaders. Leaders train in pairs and currently we have only 3 active teams. CRS Dianna Banks has also been trained as a leader and will lead at least one workshop series and then serve as back up for the teams. Previous Coordinator Lisa Warren will be in the area through the end of the school year and has agreed to co-lead a workshop with Dianna in Madison where they both live.
* Rappahannock Area Agency on Aging will become part of our area. They will cover the costs of implementing the program in their region but their completers will count toward our goal.

Upcoming Activities

* Leader Training conducted by Jennifer Bolles and Shirley Workman scheduled for the last two weeks of February. 7 people from our area currently registered. Fredericksburg planning on sending 4-6 people. There is still plenty of space available and we continue outreach.
* Refresher training for current leaders completed by Jennifer Bolles on Friday, February 14th. At this time two teams will schedule their workshops (Fauquier and Culpeper) and we will begin outreach for classes to begin by mid March.
* Master Trainer Training in March in Richmond provided by grant. Kristin will be attending. We are looking for at least one additional person from this area. Following this training Kristin will need to lead two workshops before she can do her first New Leader training.
* New Leaders trained in February will begin their workshops in March/April. We hope to have at least three new workshops initiated by these leaders.
* Lykes Grant will fund a Leader Training and one workshop in Rappahannock County, late spring.
* Bama Works grant pending would fund workshops in Orange. This may not occur before the end of the Live Well grant period.
* Continue looking for additional grants for funds for supplies and outreach for the remaining counties to supplement the Live Well grant.

Potential Partners/Outreach

* Culpeper Hospital- Preliminary discussion with hospital staff about this, including providing space for the program. We are encouraging them, and other potential partners, to have staff trained to give them the ability to do workshops regularly with support from the Live Well Coordinator
* Fauquier Hospital – similar discussions and the hospital has agreed to provide space for the training when the conference room is available. Kristin is doing follow up with Wellness staff and other programs.
* Free Clinics – we have done initial outreach to all of the free clinics and Kristin will be following up to see if they would be willing to provide space, sponsor classes and get people trained as Workshop Leaders.
* Lake of the Woods – we have been in contact with several people including Pastor Lemay and the leaders of the Chronic Illness Support group. We hope to get some people trained this month, but if not we would use Bama Works Funds to help with outreach there.
* RRCS – we are talking with the Visions Clubhouse Director (mental health day support) about getting a second staff person trained (one of our current leaders is a Visions employee) so that workshops could be held at the program.
* Coffeewood is exploring participating in the program. We are encouraging them to get two teams of staff trained as Leaders and we would support them in holding workshops there. The proposal is being reviewed by the administrators now and we hope to have a response in time for the February training.
* Health Dept – I have been in touch with the new Director about another prevention funding source and she was interested so will be talking to her about this training as well as another federal grant for help departments to implement the CDSMP program.

**Team Activities**

Dianna has been infusing the teams with new focus and enthusiasm and we are seeing attendance increase at several of the team meetings. With all of the teams Dianna will be working on expanding membership, especially to include more older adults and clergy.

* Culpeper - the primary work is around the Senior Prom coming up on April 26th. The team is also testing a “1st Saturdays Senior Connection” showcasing community services and resources for older adults and their families. It will be held at Reformation Lutheran Church. The team has been discussing more caregiver and educational sessions starting after the prom. Dianna has also been working to encourage more submissions to the Culpeper Star Exponent Senior Living page.
* Fauquier – This team has had several well attended educational sessions and is looking at their agenda for the coming year. Dianna will be working with them on considering caregiver needs and newspaper articles.
* Madison – Dianna will be working with the team to expand participation in the Veteran’s History project and to consider their work providing caregiver supports.
* Orange – This team has been engaged in several months of discussing what their purpose is and how to expand their membership. Team members will be using the February meeting to bring in new members to learn more about the team and to work on identifying priorities for the team to address. With Dianna’s support there will be a number of key community members there including the new TRIAD Director, the new Chamber Director (formerly with Dogwood Assisted Living), and several clergy. Existing members will help facilitate the meeting, discussing the team’s history and successes.
* Rappahannock – This team has initiated a series of information workshops (2nd Wednesday Workshops) and is in the process of planning their annual caregiver training workshop.