

May-June 2017

CHOOSEHOME

RIVERSIDE

Powered by Riverside and Williamsburg Landing



CHOOSEHOME MEMBER PROFILE

EDITH AND JERRY CHUTKOW



Wisely Crafting an Independent Life in Williamsburg

Youth. Community. Life.

Following distinguished careers – Edith Murray Chutkow in social work and various administrative positions in hospital psychiatry, and Jerry Chutkow, M.D. as an academic neurologist, administrator, researcher, and medical school resident teacher at the University of Chicago, Mayo Medical School and Clinic and State University of New York at Buffalo – the Chutkows knew what they wanted to be surrounded by in their retirement years, no matter what their age.

So in 1999, when they traveled down to Williamsburg, Virginia to visit a friend, they were admittedly also scoping out the colonial city as a possible retirement location.

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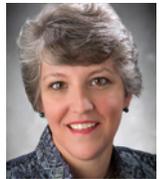
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Local Program Educates Care Providers and Volunteers About the Needs of Older Adults

Riverside’s Center for Excellence in Aging and Lifelong Health counts as many as 5,000 caregivers who have been touched by “caring for you, caring for me.” Christine Jensen, Ph.D. calls it the ripple effect.

By the numbers, Jensen, the Director of Health Services Research for Riverside’s Center for Excellence in Aging and Lifelong Health, can tell you that in 2016, 25 people – family members and professional caregivers alike – sat around a table during the signature “Caring for You, Caring for Me” program.



Christine Jensen, Ph.D.

The award-winning program consists of five weekly caregiving education seminars designed to address needs of those engaged in caring for older adults. A program of the Rosalynn Carter Institute

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UPCOMING LUNCH AND LEARN EVENTS



Details on page 6

Personal Services Coordinators are at the Heart of ChooseHome

Personal Services Coordinator. It's a term and title used regularly around ChooseHome – and with great pride. Personal Services Coordinators are the heart of ChooseHome, and what makes the program unique. But if you're new to learning about the program, it may be a role you're not familiar with.

Personal Services Coordinators...

...are trusted advocates relied upon by ChooseHome members and their families on to anticipate, identify and plan for evolving needs.

...are the direct point of contact for members.

...are coordinators for every stage of life, who members can count on to develop a plan of care, identify the support members need, coordinate all services and help navigate the complexities of needing care over the long term.

...are there, by members' sides, to help make decisions.

ChooseHome's Personal Services Coordinators



Susan Lewton



Charlie Martino



Teresa Sweaney

...help create plans for living that support and maintain members' lifestyles.

...work closely to help members achieve their goals of remaining healthy and independent.

To learn more about the ChooseHome Personal Services Coordinators and the important role they play in helping members age in place, visit choosehome.com.

Live Well, Virginia!

Chronic Disease Self Management Course Offered in Williamsburg this Summer

Are you living with a chronic disease?

Thanks to a collaborative initiative between Riverside's Center for Excellence in Aging and Lifelong Health, the Peninsula Agency on Aging and the CARE Coalition, the Chronic Disease and Diabetes Self Management course has been made available in Williamsburg this summer. This Stanford-based program is for any adult with a chronic health condition and/or their caregivers.

Chronic conditions include any health issue that presents barriers to everyday life, including arthritis, asthma, cancer, cardiovascular disease, diabetes and depression. Workshop topics address pain management, stress management, physical activity, communication techniques, managing

symptoms, working with a health care team, setting weekly goals, effective problem-solving and tips for eating well.

There is no fee to enroll. The program runs for 2.5 hours once a week for six weeks.

All participants receive a copy of the companion book, "Living a Healthy Life with Chronic Conditions," 4th edition.

Chronic Disease Self Management Course

Thursdays, June 22 through July 27, 2017

1 - 3:30 p.m.

Edgeworth Park at New Town

5501 Discovery Park Blvd., #102

Williamsburg, VA 23188

For more information, contact kim.weitzenhofer@rivhs.com or call 757-220-4751.

Making Older Drivers Safer and More Capable Behind the Wheel

The Jane D. McKinney Driver Rehabilitation Program



Currently, the entire nation faces the age wave of 10,000 adults turning 65 each day. And as adults age, certain physical declines begin to occur naturally. Vision and memory become blurry. Upper body strength declines. Our ability to react to activity happening right in front of us slows.

“Unfortunately, each of these physical changes that happen quite naturally also can impact our ability to still safely operate a car,” said Rick Jackson, Executive Director for Riverside’s Center for Excellence in Aging and Lifelong Health. “At the same time, there’s probably nothing more important for older adults to remain independent in our community than to operate a motor vehicle.”

In Washington, D.C. or other more urban areas, mass transit is so common and accessible that an older adult can age and still retain that portion of their independence. But in Williamsburg, Hampton Roads and the Middle Peninsula, that’s not always the case.

“Older adults driving is at the same time a very sensitive and very critical issue,” Jackson said.

That’s where CEALH’s Jane D. McKinney Driver Rehabilitation Program comes in. Named for a generous donor who believed in the program and the mission to keep the community and its aging population safe on the roads, the program specializes in helping individuals become safe and capable following injury or illness, as well as evaluating those experiencing a change in abilities as a result of the natural aging process.

CEALH’s program is one of only six in Virginia that perform this service. Family members, primary care physicians, law enforcement and community

advocates refer patients to the program, which costs \$350 per evaluation (a sliding scale pricing structure is available to those who qualify).

The program takes about 90 minutes to complete with a Certified Driver Rehabilitation Specialist. It includes collecting data from family, physicians and then undergoing a series of tests to evaluate memory, vision, upper body strength and reaction time.

Many of the tests are done on pen and paper, but each client is also evaluated behind the wheel and on the road. The series of tests are critical to a true evaluation on someone’s ability to drive, Jackson said.

“Even the DMV is not good at evaluating this,” Jackson said. “If you go into the DMV to renew your license as an older adult, they will do an eye exam and send you on your way. But there is so much more to it. Our driving and rehabilitation program is comprehensive.”

Roughly half of the drivers who complete the CEALH evaluation receive a recommendation to amend their driving, including not to drive at night, on the interstate, or more than 10 miles from home. The other half learn they no longer are able to safely remain behind the wheel.

To schedule an appointment, call 757-220-4751 or send an email to info@excellenceinaging.org.

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for Caregiving, “Caring For You” is designed for family members, professional caregivers and volunteer caregivers of older adults. Supported by grant funding and a small fee paid by the participants, the cost of the entire program is \$45 and includes refreshments and educational materials.

“But we know the impact the program brings goes well beyond the number of people sitting around the table,” Jensen said.

In the very first class of “Caring for You, Caring for Me” in 2009, there were 16 people enrolled – six family member caregivers, nine professional caregivers and one volunteer caregiver.

The impact of those 16, though, actually totals nearly 200.

“That ripple effect comes from those professionals who were in that class who take it back to other people they work with,” Jensen said. “Also, we know that volunteers are not just touching one person, but likely several at any given time. And with family members, it used to be that we thought you train one family member and one family member benefits. We now know that one-third of all caregivers provide care to more than one relative.”

Since 2009, when the program first arrived at CEALH, Jensen calculates that it has impacted more than 5,000 people in the community through the ripple effect.

Becoming a ChooseHome Member

A prospective client must be at least age 60 and pass a medical assessment. Members receive help covering costs of care through the program as well as personalized care coordination through a designated personal services coordinator. For more information about ChooseHome or to schedule a personalized consultation, please call 757-585-2654 or visit choosehome.com.



Riverside Leadership Attends 2017 Governor’s Conference on Aging

Team members from the Riverside Center for Excellence in Aging and Lifelong Health attended and presented at the 2017 Virginia Governor’s Conference on Aging in Roanoke in May 2017, helping work through how Virginia can continue to take an active role in making the Commonwealth a better place to live for our aging population.

This year’s program focused on how to engage community advocates from across the Commonwealth to make Virginia the most age-friendly state in the nation. Christine Jensen, Ph.D., CEALH’s Director of Health Services Research, and Mary Martha Stewart, MA, Director of Culture Change with CEALH, presented innovations in dementia care and training.

Virginia’s population is becoming older and more diverse. Today, there are nearly 1.5 million adults in the Commonwealth over age 60, and this population will expand to more than two million by 2030 when the entire baby-boom generation will be between 66 and 84 years old, according to conference organizers. Virginia’s aging population will live longer due to advances in health care, and older Virginians with chronic conditions may need more assistance for longer periods of time.

More than one million family caregivers across Virginia care for a relative 50 or older and CEALH has expertise in addressing their needs through a variety of programs available in the region.

Pictured above (left to right): James Sawyer, Director of the Program for All-Inclusive Care for the Elderly in Charlottesville; Christine Jensen, Ph.D., CEALH’s Director of Health Services Research; Governor Terry McAuliffe; and Mary Martha Stewart, MA, Director of Culture Change with CEALH. In attendance, not pictured is Mike Rowe, Executive Director for Riverside’s Patriots Colony at Williamsburg.



ChooseHome members Edith and Jerry Chutkow in their Williamsburg home

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“We are very independent people,” Jerry said. “We like our space in our home and around us, but also like to be part of a community.”

Their checklist looked a little something like this:

- A community situated near a university and flourishing with arts.
- Access to cultural activities.
- Proximity to medical care.
- A small town to call home that’s close enough to big-city life, like Richmond, Washington, D.C. and Norfolk.
- And most of all, a neighborhood where they could design and build the home they would live in as they aged.

Jerry, now 83, and Edith, 80, moved to Williamsburg in 2002 to begin building that very home, one they constructed with the same precision they selected their retirement city – a master bedroom on the first floor, a bedroom next door should they ever need to employ a live-in nurse, doors three feet wide, an art studio for Jerry’s master wood-turning crafts and all living space on the first floor.

While they had effectively achieved all their goals, Edith said, “our family is scattered across the U.S. and we knew we didn’t want to disrupt our own children if things were to come up for us acutely.”

That’s when they learned about ChooseHome. “We read about it in the paper and by Thanksgiving of last year we had enrolled,” Edith said, adding that after they enrolled they realized some of their neighbors had become members, too.

“It was the perfect option for us,” Jerry said. “It provides the support we need when we need it, as well as access to all the medical and economic assets we could need as we age.”

Today, Jerry and Edith continue to enjoy all the amenities living in Williamsburg affords – from visiting museum exhibits, to exploring foodie hot spots in Richmond, and uncovering the small Chesapeake Bay towns with deep character all within driving distance.

Most of all, “we’re in our own house with ChooseHome as an insurance that when we need services, we can get them,” Jerry said. “We’re exactly where we want to be, surrounded by youth, community and life.”

Member Referral Program

Because of the supportive ChooseHome members who continue to spread the word about the benefits of joining, ChooseHome is one of the fastest growing programs of its kind in the nation. To say thank you, ChooseHome is pleased to feature the member referral program.

Members will receive a \$400 credit for each person they introduce to the program when that new member signs on. Plus, the person who joins ChooseHome because of you will also receive \$400 credit just for being referred by a current member.

Many potential ChooseHome members have connections with more

than one ChooseHome member. To ensure everyone gets proper credit, please register referrals with your ChooseHome Personal Services Coordinator.

Heather Schouten 757-585-2696
heather.schouten@rivhs.com or
Mike Loveland 757-532-8912
mike.loveland@rivhs.com



LUNCH AND LEARN EVENTS

Our free information session is a great way to learn more about the ChooseHome program. For a complete list, please visit our website at choosehome.com and select "Events."

WILLIAMSBURG

Tuesdays, June 13 and 27,
noon at Center Street Grill
5101 Center St.

YORKTOWN

Tuesday, June 20, noon at
Riverwalk Restaurant
323 Water Street, Suite A-1

Limited seating. To RSVP for an event or to get more information, please visit our website at choosehome.com, call 757-585-2654, or email choosehome@rivhs.com.