

PSR The Advocate

NEWSLETTER

Piedmont Senior Resources Area Agency on Aging, Inc.
434-767-5588 • www.psraaa.org • March 2023



PSR's Local Impact: Read our 2022 Annual Report

Each and every day, we work to fulfill our mission of advocating, advancing, and achieving independence for the aging community. Read our 2022 Annual Report to learn more about our agency's growth and impact, program highlights, partnerships and more.

Want a sneak peek? Over the past five years, we have increased support to our region's seniors by leaps and bounds! Since 2017, we have had a 178% client growth rate, and we now serve over 4,000 seniors annually. Check out the Annual Report online at www.psraaa.org.



FIRST RESPONDERS FUNDRAISING EVENT

A Hands-On Kids Experience

Saturday, May 13 | 10 AM - 2 PM



Prince Edward Co. Middle School
35 Eagle Drive | Farmville, VA



\$5 per participant
Organized by Piedmont Senior Resources



“During the course of the past year, I have had so many patients who have called because their rides either did not show up or they found out the day of their treatment that there was no one available to bring them. We depend heavily on the transportation services that Piedmont offers. We have had several patients who have Medicare but do not have a supplement, and some with a supplement still do not have transportation benefits. Piedmont has stepped in for each of these patients and assisted them with continuing to come to their treatment appointments. I honestly don't know what we would do without you!”

Janet Stewart, MSW
Central Health Oncology
Supervisee in social work

1413 S. MAIN STREET, FARMVILLE, VA 23901
434-767-5588



PET FOOD DRIVE IS A SUCCESS

Thanks to the combined efforts of local businesses and community members, we received over 500 pounds of pet food during our February PSR Pet Food Drive. We were able to deliver pet food to over 30 of our homebound home-delivered meal clients and feed over 70 of their beloved pets. A special thank you goes out to the Hampden-Sydney College Animal Rescue Club, Corban Veterinary Services in Charlotte Court House and the Southside SPCA for volunteering as collection sites.

Due to the success of the event, PSR will host another pet food drive later this year!



WE 'SHARED THE LOVE' IN 2022!

As part of the 2022 Subaru Share the Love Event, PSR packed 650 bags of cleaning supplies, soap, shampoo, towels, dishcloths, nonperishable food items, hygienic supplies, paper products, clothing and Christmas cards! Local schools donated more than 300 handmade Christmas cards, and our community donated thousands of dollars alongside the donation from our title sponsor Letterpress Communications.

In 2022, we also welcomed additional sponsors, including The Fishin' Pig, Feedmore Inc., Farmville Area Chamber of Commerce, North Street Press Club, Kinex Telecom, Virginia Credit Union, Pinos Italiano & Grill in Dillwyn, Welburn Management, East End Motor Co. and Anthem Healthkeepers.

The 2022 Share the Love Kick-Off Event was held in tandem with the Farmville Area Chamber of Commerce's Chamber After Hours event at 1413 S. Main Street in Farmville. The event included food, music, information and a peek at PSR's Winter Wonderland. More than 75 people attended.

A client returned from the hospital following a stroke. His furnace stopped working. He was sleeping on the mattress on the floor in the living room for easy access and was able to get some warmth from a space heater during a weather cold spell at that time. We were able to go in and fix his furnace and fill the tank as he had no funds for that.

HEARTWARMERS

PSR to Host Health and Wellness Event in June 2023

Piedmont Senior Resources continues to offer education and resiliency to the aging population through COVID-19 awareness. In an effort to bring continued awareness to the aging population, PSR will host a COVID-19 vaccination clinic on June 21, 2023, on our patio. We will advertise this event on our Facebook page and on local radio stations.

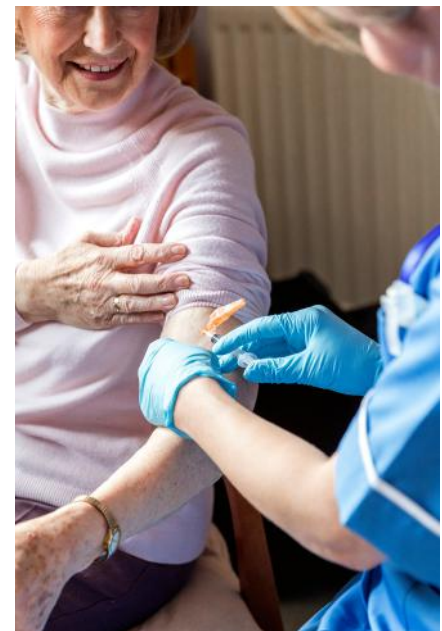
What can we do to prevent the spread of COVID-19? Practicing good hygiene is an important habit that helps prevent the spread of this virus. We encourage seniors to use the CDC recommendation as part of their normal routine. Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public setting or after blowing your nose, coughing or sneezing. In addition to good hygiene practices like handwashing, there are additional steps we can all take to prevent the spread within our communities.

Here are three recommendations:

1. **Remain current with your COVID-19 vaccinations and boosters.**
2. **Be mindful of indoor ventilation systems and wear a mask.**
3. **Get tested for COVID-19 if you feel the onset of any symptoms.**

And let's not forget about the flu. People 65 years and older are at higher risk of developing serious flu complications as compared to younger adults. This increased risk is due in part to changes in seniors' immune systems as they age. While flu seasons vary in severity, during most seasons people 65 years and older are at the greatest risk. Influenza can cause mild to severe illness. Someone who has the flu may feel some or all of these symptoms: fever or chills, cough, sore throat, stuffy nose, body aches and headaches.

PSR continues to advocate, advance and achieve independence within the aging community one client at a time. As an agency, we can coordinate care with the health department, primary care physicians and pharmacies. If you have any questions, please contact Pam Glasgow, community health worker, at pglasgow@psraaa.org or 434-767-5588.



Bring the kids for pictures with the Easter Bunny!

Mark your calendars because the Easter Bunny is coming to Piedmont Senior Resources on Saturday, April 1, from 10 a.m. until 1 p.m.! Join us at 1413 South Main Street in Farmville to celebrate with crafts, live animals and more.

Pictures are \$5 each, and all proceeds will fund PSR's many programs that help older adults ages 60 and above living in Amelia, Buckingham, Charlotte, Cumberland, Lunenburg, Nottoway and Prince Edward counties.

For more information, contact Nikki Dean at 434-767-5588. If you are unable to attend but would like to make a donation, visit our Facebook event page at: <https://fb.me/e/3nEpE5DV5> and click on the donation link in the discussion section.

Easter Bunny at PSR

Saturday, April 1 | 1413 S. Main Street, Farmville

10 a.m. - 1 p.m.

Photos, Craft, Live Animals & More!

PSR AWARDED \$168K GRANT TO SUPPORT LOCAL VACCINATION EFFORTS

In March 2023, PSR was awarded a \$168k grant by the Aging and Disability Vaccination Collaborative, led by USAging, to support our regional work connecting older adults to COVID-19 and flu vaccines. PSR will partner with the Virginia Department of Health's Piedmont District to determine the best use of these funds to improve the health of the community.

Funded by the U.S. Administration for Community Living, the grant will allow us to host community vaccine clinics, provide in-home vaccinations, schedule appointments, coordinate transportation and conduct outreach and education in Amelia, Buckingham, Charlotte, Cumberland, Lunenburg, Nottoway and Prince Edward counties, among other activities.

In addition, we will be able to assist clients with overcoming obstacles they may face in accessing vaccinations.

"This is a huge win for our community!" says Executive Director and CEO Justine Young. "With such a significant amount of funding from a national organization, we can provide jobs and healthcare right here in our region. We look forward to collaborating with Dr. Maria Almond and her team at the Piedmont Health District in an effort to reach our entire community."

PSR is one of five organizations in Virginia – and one of 39 nationwide – to receive the first round of grant funding from the Aging and Disability Vaccination Collaborative.

Save the Date 2023 Great Farmville Duck Derby



It's almost time to get quacking! Save the date because we're making plans for the 2023 Great Farmville Duck Derby on September 16, 2023 at Riverside Park.

Support our cause by purchasing ducks to enter the derby or becoming a sponsor. All proceeds from the annual Duck Derby benefit our community programs, including care coordination, home-delivered meals, friendship cafes, non-emergency medical transportation and more.

You can learn more about last year's event by visiting the web page www.psraaa.org/duck-derby. Make sure to check back in July for details on our 2023 event!

