

Louisa County Commission on Aging

Notes on Meeting – March 5, 2025

We had 2 additional representatives for Cuckoo District. Many thanks to Chris McCotter. Jim and Maria Wilkins have lived at Lake Anna for 23 years.

Kathy will try writing letters to each supervisor to request each to supply two representatives from each district.

Florence Reece had surgery. Manning or Kathy will try to get in touch with her to check on her.

Tony Williams, manager of the senior programs at Betty Queen Center, informed us that one of the programs for the seniors is to have the cosmetology students from the high school CTE program visit the center every Thursday. They give hair cuts and help the ladies “do” their hair. Tony says this is very popular.

Mr. Williams noted that they have need of technology (equipment and instruction), and literacy (helping those who feel that their reading skills are not adequate.)

The Seniors have bingo every day because it is so popular. Prizes are donated by people and businesses in the community. They are often surprising, and always welcome!

Other discussion topics:

1. **Transportation.** Jaunt provides rides within the County. Rides are scheduled by calling Jaunt at least two days in advance of the needed ride. They will also take people to Charlottesville on a round-trip basis, but this may take all day (early morning pick-up and afternoon return). Many seniors do not like the arrangement because it creates long waits, before and/or after their appointment. **There is no transportation to Richmond**, unless the rider has Medicaid which can provide a taxi.
2. **Fire and EMS.** Many seniors may not have fire alarms in the house, especially if they were installed when the home was built and now are obsolete. There were discussions on what we can do to assist in getting current fire/smoke detector alarms that can be seen or heard.
 - a. **There was a question of how seniors can get fall alerts.** From Kathy’s experience, the alerts that one can wear are relatively inexpensive, but the monitoring costs can be expensive.
3. **Little Yellow Books.** These are published by CoA every other year (next is due in 2026). There was discussion on how to get them to all the people who should have one (seniors, people new to the county, and those that have never heard of them). It was suggested that non-profit organizations be also listed. **ACE, Adult**

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Community Education, was specified. There was a question whether housing associations should be listed.

- a. I had a late thought that the VA clinic in Fredericksburg should be listed. The hospitals and McGuire VA clinic in Richmond are already listed.
 - b. Could the Yellow Books be added to the tax statements when they are mailed? The cost of postage for the books is prohibitive.
 - c. Suggestion on where to place them:
 - i. Churches
 - ii. Library
 - iii. Local stores in Mineral, Louisa, and at the Lake
 - iv. Restaurants
4. Thanks to Susan Fletcher for this notification.

I work with PATH mobility management program (<https://pathva.org/>) operated by Thomas Jefferson Planning District Commission.

On April 29th at Louisa County Library, we are organizing FREE Transportation Solutions Workshops which inform participants about available transportation options when they can't or prefer not to drive.

We will greatly appreciate your help in promoting our event among Louisa County residents. We want to reach a wider audience and make your community aware that it can take advantage of free transportation services in Region 10.

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5. The next meeting is April 2 at the Betty Queen Center; 10:00 AM.

I hope that the BOS has appointed more district representatives.

Hoping we have a quorum in April.

Kathy Swarthout, Interim Chair

Louisa County Supervisor for Louisa District