



WEEKLY E-MAILING
July 6, 2022
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Helpful Links

ACL News & Information

Here is a link to news & information from the Administration for Community Living (ACL):

<https://acl.gov/>

ADvancing States (NASUAD) Information

Here is a link to state technical assistance from ADvancing States:

<http://www.advancingstates.org/state-technical-assistance/enhancedtechnical-assistance>

July is Disability Pride Month



(American Bar Assn.)

Celebrating Disability Pride Month

Disability Pride Month celebrates disabled persons embracing their disabilities as integral parts of who they are, reclaiming visibility in public and interacting fully with their disabilities out in the open, and rejecting shame and internalized ableism. It is a time for the disability community to come together, uplift, and amplify one another's voices and be heard. Disability pride has been described as "accepting and honoring each person's uniqueness and seeing it as a natural and beautiful part of human diversity."

When is Disability Pride Month?

Disability Pride Month is celebrated each year in July. Disability Pride initially started as a day of celebration in 1990 – the year that the Americans with Disabilities Act (ADA) was signed into law. That same year, Boston held the first Disability Pride Day. The first official celebration of Disability Pride Month occurred in July 2015, which also marked the 25th anniversary of the ADA. Since then, cities across the country have celebrated disability pride month with parades and other festivities.

NAMI Virginia

Charlotte Arbogast, MS, Policy Analyst

Senior Mental Health Care

NAMI Virginia, thanks to our partnership with United Healthcare (UHC), is excited to recognize four of our affiliates, who will begin the process of implementing senior support services in their community. A BIG thank you to NAMI Central Virginia, NAMI Central Shenandoah Valley, NAMI Coastal Virginia and NAMI Prince William! We look forward to working together to provide local, sustainable programs to serve seniors (65+) with mental health needs and their caregivers.

Do you know a senior in need of mental health resources? NAMI Virginia, in partnership with United Healthcare (UHC), provides an outstanding [Senior Resources Library](#). Check it out for information on Family Support Groups for Seniors, Mental Health 101 for Seniors, Yoga for Seniors to promote good health in mind and body, Self-Assessment Tools, and more!

June 30, 2022

Message from Marta: What's in a name?



Our adult care centers have been a cornerstone of JABA almost since its inception. They are a vital part of keeping the most vulnerable seniors living in the community.

And yet, we have found that often the name can be off-putting. We do not want to be paternalistic, or inadvertently demean our members. The name carries that potential. At

first glance, the name may suggest that we are “taking care,” rather than partnering with our members and families.

About two years ago, a group of JABA staff gathered to explore new ways of discussing what we do every day for the members and their caregivers. And out of those notes came a new name. And more. Language evokes associations and perceptions. And that is what we want to do. We want people to feel differently about our centers.

Thus, we are proud to share our new name - [JABA Respite and Enrichment Centers](#) in Charlottesville and Louisa. Affectionately known as JABA REC, or JREC. This says what it means for the caregiver and the member. And our tag line of “Engaged. Included. Valued” tells you what we are about, every day. That is how our staff make our members and caregivers feel. JREC is a fun place to be.

You will start seeing the new acronym in our descriptions, our service guide, our ads, and on our website and social media. We hope it will soon become a part of our language, because it feels right. So please join us in celebrating JREC and the great staff that make it truly a respite and enrichment center, where everyone is engaged, included and valued.

With gratitude,
Marta Keane, JABA CEO

Honoring our volunteers

The "stars" were out on June 17 at [The Center at Belevedere](#) - the stars of our Volunteer Services Program! We were so happy to acknowledge and honor our volunteers at this special luncheon. We simply could not do what we do without our volunteers. Special congrats to Susan Seidler with the Piedmont Master Gardeners, who won the Sue Drumm Award for for the advocacy work she coordinated in creating a sensory garden program for our seniors.

JABA's Home Delivered Meals Program delivers!

Indeed, for many seniors who live alone or who are on fixed incomes, JABA's Home Delivered Meals Program (HDM) offers a sense of security and relieves stress. Same goes for family members and caregivers.

"Knowing a loved one is getting regular, pre-prepared and healthy meals provides real peace of mind," says **Crystal Donovan**, who coordinates the HDM Program. "We work with Mom's Meals and Meals on Wheels to provide meals right to your door."

JABA's HDM Program serves lower income older adults 60+ in Charlottesville and Albemarle, Fluvanna, Greene, Louisa & Nelson Counties who struggle to prepare meals for themselves. JABA can also connect you with other services within your community. Some eligibility requirements apply. Call **434.817.5244** or fill out [this online form](#) for more information.

JABA Jobs: Opportunities in Charlottesville, Albemarle County, Louisa County, and Greene County. [Apply today!](#)

UVA researchers seeking caregivers for sleep study

If you are helping to provide care to a loved one, and you are

having trouble sleeping, you may be eligible to participate in an online research study, the **SHUTi-CARE study conducted by the University of Virginia** in collaboration with the University of Pittsburgh.

All participants in this study receive access to the online insomnia program (SHUTi) at no cost, and participants can also earn up to \$80 in gift certificates. If you are interested in learning more and submitting an interest form, please visit the study website at www.shuticare.org. The research team may also be contacted for more information by email at shuticare@virginia.edu or calling toll-free at 1.866.462.3774.

JABA's Long-Term Care Ombudsman Program

You've got rights. And our Regions's [Long-Term Care Ombudsmen](#) are here to protect those rights, resolve problems, and promote quality care. Ombudsmen are advocates for individuals in rehab centers, nursing homes, assisted living facilities, and even home and community settings. If you are an individual or family caregiver who needs help, calls are free and confidential: **434.817.5257**

Check out the [July 2022 activity calendars](#) at a **JABA Community Senior Center near you!**

Are you looking for a place to meet new friends, get involved in activities, learn about community resources, and enjoy day trips? If you are an independent adult age 60+ or with a disability, one of JABA's Community Senior Centers may be for you.



Does your loved one need extra care to be able to live at home independently?

Call us or [sign up online for a free lunch and tour](#) to learn more about the customized and compassionate respite care available for your

loved one at JABA's Adult Care Centers in Charlottesville and Louisa. Charlottesville Center: **434.817.5235**. Louisa Center: **540.500.5961**.

Immediate Volunteer Needs at JABA. Apply today!

- [Help a Senior with Household Tasks](#)
 - [Help a Senior with Lawn Care](#)
 - [Louisa County Commission on Aging Members](#)
 - [Call BINGO for Seniors at Home](#)
 - [Internships for Special Projects Available](#)
 - [Advisory Council Louisa](#)
 - [Donation Wish-list for Community Senior Centers](#)
-

Thank you for your support!

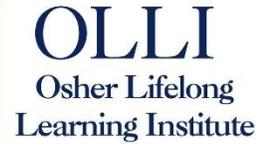
None of this would be possible without the support we receive from our donors. Thank you!

JABA helps people cope with life's biggest challenges - support the work we do today!

Donate



Promote your business or organization while supporting JABA with a **Digital Newsletter Sponsorship**.



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Link to DARS Independent Living Monthly Newsletter
Kevin Koziol, Director of Independent Living

The current issue of IL Impact is available here:

<https://myemail.constantcontact.com/IL-Impact-Newsletter.html?soid=1134646283912&aid=L0fKZoz9eM4>
