



 **Chesapeake Task Force on Aging**
"Focusing on Quality of Life"

Because of YOU...
...WE have made a
DIFFERENCE...

- In 2023, CTFOA has served an estimated **450+ Volunteer Hours** on CTFOA business & events
- Gave back to our Senior Community with **over \$5,000 in goods donated!**
- CTFOA **Donated \$1,000 to non-profits serving Seniors** in Chesapeake
- Touched the lives of **over 800 Seniors** in Chesapeake!

thank
you

TO ALL OUR CTFOA
MEMBERS & SUPPORTERS



CTFOA Community Service Committee's

CTFOA Quarterly Celebrations





CTFOA Community Service Committee's

CTFOA Quarterly Celebrations

300 BEARS DELIVERED!



CHESAPEAKE PLACE
SENIOR LIVING



RHF[®]



Chesapeake Task Force on Aging
"Focusing on Quality of Life"

GIFT A STUFFED ANIMAL *to a Senior*



**APRIL
1st - 25th**

**Only
\$10 each!**

Send Comfort & Joy to a
Chesapeake Senior!



CTFOA Community Service Committee's

CTFOA Quarterly Celebrations

The Commons
at Chesapeake Apartments





CTFOA Community Service Committee's

CTFOA Quarterly Celebrations

Cambridge
Square

Dress up, bring some goodies, and join us as we "creep" the halls at Cambridge Square!

Oct 25
2-3:30pm

*Reverse **Trick or Treating**
at Cambridge Square

It's a Spooktacular Celebration!

Hosted by the Chesapeake Task Force on Aging

 Chesapeake Task Force on Aging
"Focusing on Quality of Life"

 **TAO**
TIDEWATER ARTS OUTREACH





FREE SENIOR SAFETY WORKSHOP

MEDICATION SAFETY FOR SENIORS

**TUESDAY
AUGUST 15
10AM-11:30AM**

RSVP to attend at:
<http://tiny.cc/triadaug2023>

Need help registering?
Call Jennifer Hyatt
at: (757) 382-2268

Chesapeake TRIAD is pleased to bring you this FREE SENIOR SAFETY WORKSHOP. Kristen Martin, Prevention Specialist with Chesapeake Integrated Behavioral Healthcare, will present: "MEDICATION SAFETY FOR SENIORS" covering what you need to know about OTC medications, medication safety tips, and how to keep you, and your loved ones safe.

Willow Creek
Gracious Retirement Living
516 Great Bridge Blvd.
Chesapeake, VA 23320

Supported by... Chesapeake Task Force on Aging "Focusing on Quality of Life"



FREE SENIOR SAFETY WORKSHOP

**TUESDAY, JUNE 20
10-11AM**

Chesapeake TRIAD is pleased to bring you this FREE SENIOR SAFETY WORKSHOP. Naomi McLeod with the American Parkinson Disease Association will present: "How to Understand and Manage Parkinson's Disease".

apda AMERICAN PARKINSON DISEASE ASSOCIATION
Strength in numbers. Power in progress.

Rivercrest Community Center
1001 River Walk Pkwy.
Chesapeake, VA 23320

RSVP to attend at:
<http://tiny.cc/triadjune2023>

Need help registering?
Call Jennifer Ireland
at: (757) 382-2268

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FREE SENIOR SAFETY WORKSHOP: HEART HEALTH



**TUESDAY
MARCH 21
10-11:30AM**

Presented by...



RSVP via Eventbrite
<http://tiny.cc/TriadMarch2023>

Need help registering?
Call Jennifer Hyatt at:
(757) 382-2268

Refreshments provided by
The Reserve at Greenbrier

THE RESERVE
AT GREENBRIER



1005 Elysian Place
Chesapeake, VA 23320

Supported by... Chesapeake Task Force on Aging "Focusing on Quality of Life"



HOLIDAY SAFETY FOR SENIORS

Officer Dan Cooke, with Chesapeake Police Department's Crime Prevention Unit, will share important holiday safety tips and information to help keep you safe during the holiday season!

Need help registering?
Call Jennifer Hyatt
at: (757) 382-2268

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FREE SENIOR SAFETY WORKSHOP
**TUESDAY, NOV. 14
10-11:30 AM**



516 Great Bridge Blvd.
Chesapeake, VA 23320

RSVP to attend via Eventbrite at: <http://tiny.cc/TriadNov2023>



FREE SENIOR SAFETY WORKSHOP
**TUESDAY, OCT. 17
10-11:30 AM**

OCTOBER IS FIRE PREVENTION MONTH!
Tobey Allen, Fire & Life Safety Educator with the Chesapeake Fire Department, will discuss the importance of fire safety, and share tips and resources you can use!

Need help registering?
Call Jennifer Hyatt
at: (757) 382-2268

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301 Clearfield Ave.
Chesapeake, VA 23320

RSVP to attend via Eventbrite at: <http://tiny.cc/TriadOct2023>



This Fraud Prevention Workshop, presented by the Virginia Senior Medicare Patrol, will focus on the top healthcare frauds affecting seniors. Learn what to do and what not to do to keep yourself safe and learn how to detect and report various scams.

Need help registering?
Call Jennifer Ireland
at: (757) 382-2268

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FREE SENIOR SAFETY WORKSHOP
**TUESDAY, APRIL 18
10-11 AM**

Refreshments provided by Willow Creek
Willow Creek
Gracious Retirement Living
516 Great Bridge Blvd.
Chesapeake, VA 23320

RSVP to attend via Eventbrite at: <http://tiny.cc/TriadApr2023>



FREE SENIOR SAFETY WORKSHOP
**TUESDAY, SEPT. 19
10-11:30 AM**

MEDICARE BASICS YOU NEED TO KNOW!
Lisa Johnson, with Asil Insurance Group, will discuss the importance of understanding Medicare (A, B, C and D) & Medigap.

Need help registering?
Call Jennifer Hyatt
at: (757) 382-2268

Supported by... Chesapeake Task Force on Aging "Focusing on Quality of Life"

Refreshments provided by The Vero
THE VERO
AT CHESAPEAKE
757 Cedar Road
Chesapeake, VA 23322

RSVP to attend via Eventbrite at: <http://tiny.cc/TriadSept2023>



**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

2023 UNITED WAY DAY OF CARING 20+ CTFOA VOLUNTEERS DELIVERED MEALS!



A photograph showing a room filled with numerous teal and black bags, likely containing essential items. The bags are arranged in rows, some standing upright and others lying flat. The room has a light-colored carpet and a blue wall. A white text overlay is centered over the image, reading "100 BAGS OF ESSENTIAL ITEMS".

100 BAGS OF ESSENTIAL ITEMS





15 SENIORS ADOPTED!

From our Community Partner,
Meals on Wheels of Chesapeake







2023 CTFOA Breakfast Sponsors



**BERKSHIRE
HATHAWAY**
HOMESERVICES

RW TOWNE
REALTY
Jimmy Jackso






THE LAW OFFICE OF
Angela N. Manz





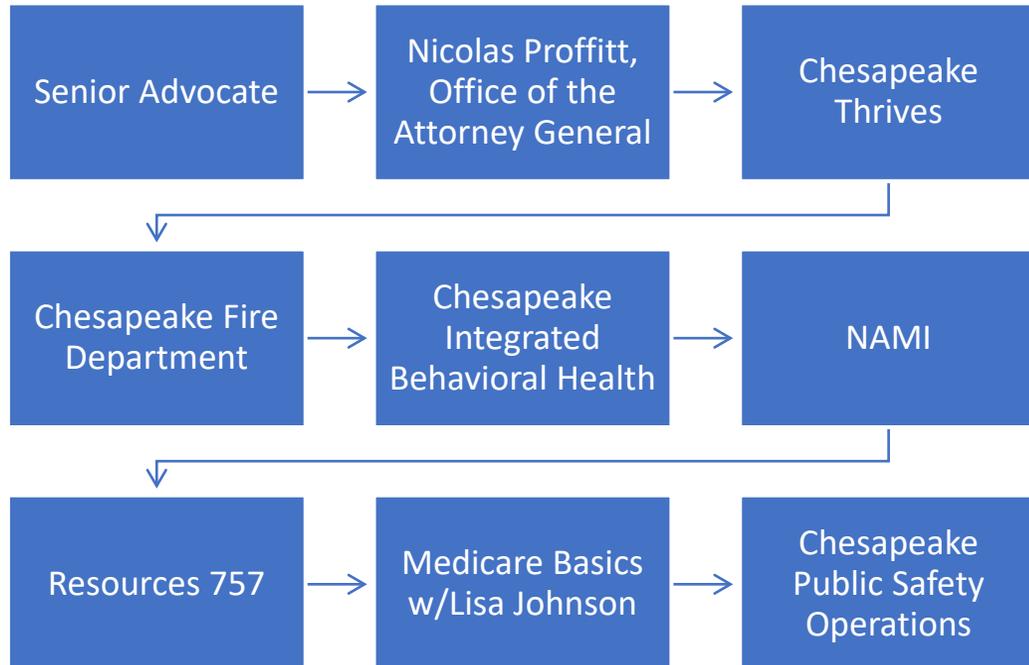
Monthly Meeting Host...



**CHESAPEAKE REGIONAL
HEALTHCARE**

LIFESTYLE & WELLNESS

Thank You to our CTFOA 2023 Meeting Presenters!



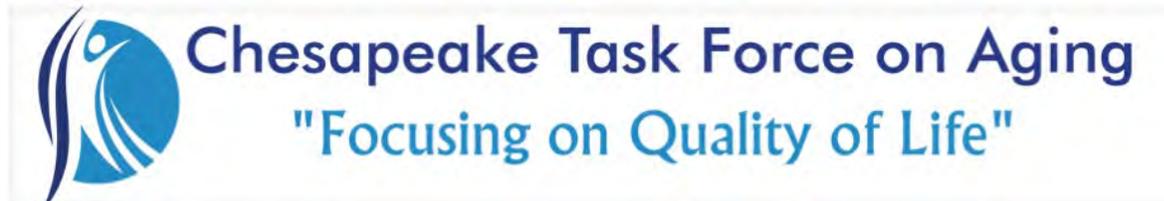
Thank you to our December Breakfast Mixer Host...

holiday
by ATRIA
SENIOR LIVING

LIGHTHOUSE
POINTE

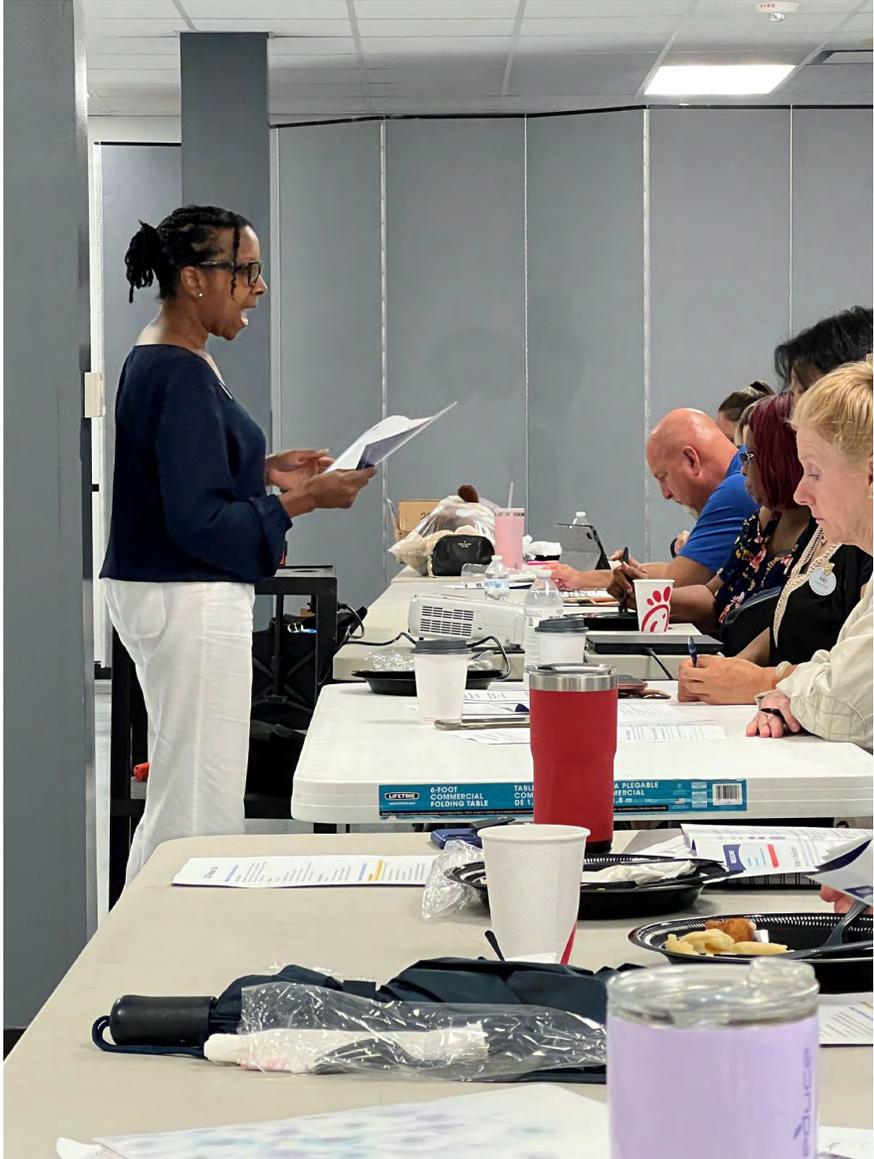


Welcome to the Members of the Chesapeake Thrives
"Aging in the Community" Work Group











Happy Holidays

And Have a Happy New Year!



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