

THE
SPAN
CENTER

SPANCENTER.ORG

Info, Events, and Articles on Aging, Wellness, and Community

FEATURING

Powerful Tools
for Caregivers

Celebrating the Enduring
Spirit of Volunteerism

Dewey's Enduring
Legacy

Furbish Thrift
Pet Food Pantry

And More!

THE CAPITAL AREA AGENCY ON AGING

SUMMER 2025

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LEADING WITH PURPOSE

As we welcome the warmth and vibrancy of summer, it's a perfect time to reflect on the strides we've made and look forward to the opportunities that lie ahead. Your dedication, enthusiasm, and involvement have been the cornerstones of our shared success, creating a community that thrives on connection and support.

This summer, we are focused on fostering intergenerational bonds, enhancing our support systems, and building environments where aging is celebrated through shared experiences, continuous learning, and joy.

Let's move forward together, embracing the season with renewed energy and a commitment to making each day meaningful. Your participation and spirit are what make our community special, and we are excited about the new memories and milestones we will create together.

Thank you for your unwavering support and for being an integral part of our journey. Here's to a summer filled with growth, laughter, and the enduring strength of our community!

With heartfelt gratitude and optimism,



Amy Strite
Executive Director

Amy Strite

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ABOUT US

The Span Center is the state designated Area Agency on Aging for Planning District 15 which covers the City of Richmond and the counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, and Powhatan. We provide services, information, advocacy, and referrals for older adults, persons with disabilities, and caregivers. Most of our services are able to be provided at no cost (or little cost) to recipients thanks to Federal, State, and Local funding along with donations received from individuals, businesses, and community organizations.

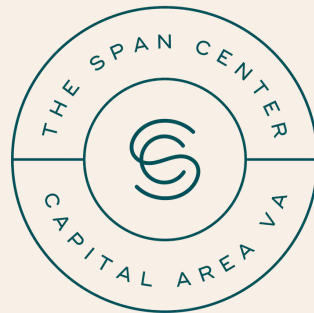


HOW CAN I HELP?

The Span Center delivers essential services like providing nutritious food, caregiver support, in-home assistance, transportation, and activities that combat social isolation. These vital programs are costly to provide. Your generous support allows us to offer them at no or little cost to qualifying individuals. Your contributions and advocacy make a profound difference. Help us continue this crucial work by donating today or by amplifying our mission on social media and spreading the word.

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804.343.3000



No Wrong Door is a national initiative providing easy access to services and supports for older adults, individuals with disabilities, veterans, caregivers, and their families.

Virginia Easy Access

EasyAccess.Virginia.Gov

Virginia Easy Access No Wrong Door Virginia's online resource to find information for older adults, individuals with disabilities, veterans, caregivers, and their families.



Navigate Community Resources

Aging Services
Assistive Technology
Brain Injury
Caregiver Support
Disability Employment
Independent Living

*In Development



Connect to Services with Ease

Safety Connector
Social Health Connector
Brain Injury Screener
Direct Connect
Talk to a live professional via chat or phone 24/7 x365
My Profile



Support Your Life

Social
Education
Finance
Health
Environment
Love
Food





Events

CHARLES CITY	CHESTERFIELD	GOOCHLAND	HANOVER
Therapeutic Chair Yoga	Featherweight Sewing Club	Goochland Community Night at the Diamond	Tai Chi Class
Therapeutic chair yoga is included in our fitness membership. The class is taught by RYT - 500 instructor, Susan Turnage. If you have any questions please contact our office at 804-652-1601.	Welcome collectors, quilters and sewists who love Singer Featherweight machines! This group meets the second Monday of the month to work on personal projects while learning and sharing with each other. All skills levels are welcome.	Join the Goochland Chamber of Commerce and the Richmond Flying Squirrels for an unforgettable evening of baseball, community, and summer fun! Celebrate with your community as we come together at The Diamond for a night filled with family-friendly excitement, and America's favorite pastime.	Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. This class will be presented by Ben Cleary. Ages 18 & up.
6/23/25 10-11am View Facility Social Center, Grand Banquet Room	6/9/25 9am-5pm North Courthouse Rd Library, Community Room	6/26/25 6-9pm The Diamond	6/18/25 6:30-7:30pm Pamunkey Regional Library Mechanicsville Branch
HENRICO	NEW KENT	POWHATAN	RICHMOND
Silver Screen Saturdays	New Kent Farmer's Market	First Fridays! Fat Skippy	First Fridays
Celebrate old Hollywood by watching classic movies from the 1920s through the 1970s. Before and after each screening, we will share facts related to the movie to give you additional background on the production. Titles will be announced as the program dates approach.	The New Kent Farmers Market will be open for the 2025 season, rain or shine, on Saturdays from 9am to 12pm starting May 3, 2025 and running through August 30, 2025. Location of the Market pavilion is 7589 New Kent Highway, New Kent (at the roundabout at New Kent Hwy, or Route 249, and Vineyards Parkway, or Route 106).	First Fridays! Powhatan is a Spring/Summer music series featuring local bands and musicians playing at the Village Park Gazebo. The events occur on the first Friday in May, June, August and September (rain date September 12). The events are free to the public!	First Friday of every month from 5:00 pm-8:00 pm Free after-hours admission to the museum \$2 off wine and beer in the Museum Café, plus specialty mocktails for adults and kids Access to food trucks, live music, and family-friendly activities Learn More about First Fridays and special activities for specific months!
6/7/25 3-5pm Gayton Branch Library, GA Meeting Room	6/14/25 9am-12pm New Kent Farmers Market Pavilion	6/6/25 5-8pm Village Park Gazebo	6/6/25 5-8pm Virginia Museum of History & Culture

05

Powerful Tools FOR Caregivers

Caregiving can be a challenge, but it's easier when you're prepared.

6 WEEK COURSE
1.5 HRS 1 DAY A WEEK

managed by Iowa State University
of Science and Technology

ARE YOU A CAREGIVER?

Whether you provide care for a spouse, partner, parent, or friend, at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for caregivers like you!

The **Powerful Tools for Caregivers** class series helps caregivers take better care of themselves while providing care for a friend or relative. By taking care of your own health and well-being, you **become a better caregiver**.

Six class sessions held once a week are led by experienced class leaders. Participants are given The Caregiver Helpbook to provide additional caregiver resources.

For more information, please contact the
Caregiver Support Team at The Span Center:

caregiversupport@youraaa.org



UPCOMING COURSE

VIRTUAL VIA ZOOM

DATES:

June 3, 10, 17, 24
July 1, 8

TIME:

Tuesdays
3:00pm-4:30pm EST

REGISTRATION:

To register for this class, please scan the **QR code** below or email caregiversupport@youraaa.org.

If you have any questions, please contact us.

THE
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Finding Calm in the Present: Mindfulness for Older Adults

As we age, discovering simple ways to find inner quiet can be very rewarding. Mindfulness is a practice that invites older adults to gently pay attention to the present moment—their thoughts, feelings, or surroundings—with open curiosity and without judgment. It's about calmly observing your experience as it is.

This gentle practice can be particularly valuable for older adults. Many find that mindfulness helps ease stress and anxiety, fostering a sense of calm. It can also support mental clarity and focus. Furthermore, mindfulness can deepen appreciation for everyday moments and promote a positive outlook, contributing to emotional well-being and resilience. Some older adults also report that it can lead to more restful sleep.

Getting started with mindfulness is often simpler than expected and can be woven into daily life. One foundational technique is mindful breathing. Find a comfortable position, seated or resting. Gently bring your awareness to your breath, noticing the sensation of air moving in and out. There's no need to change your breathing; just observe its natural rhythm. When your mind wanders, as it will, simply acknowledge it and kindly guide your focus back. Even a few minutes daily can be a peaceful pause.

Another easy practice is mindful observation. You might choose an everyday object, like a favorite teacup, and observe it with fresh eyes, noticing its colors and textures. Alternatively, practice mindful listening: take a minute to simply notice sounds around you – perhaps birdsong or the quiet hum of your home – just listening without needing to analyze.

These brief moments of mindful awareness, consistently integrated into your routine, can help older adults connect more deeply with the present, cultivating a greater sense of peace and appreciation in everyday life.



Celebrating the Enduring Spirit of Volunteerism

April marked National Volunteer Month, a nationwide observance dedicated to celebrating the individuals who selflessly dedicate their time and talent to strengthen our communities. It's a moment to pause and express profound gratitude for the immeasurable contributions volunteers make, both formally within organizations and through countless informal acts of kindness. More than just a date on the calendar, it serves as a powerful reminder that even the smallest gesture can spark a ripple effect of positivity, inspiring a collective movement towards service.

The roots of this national recognition run deep. While President Richard Nixon first established National Volunteer Week in 1974, it was President George H.W. Bush who significantly amplified the call to service. His presidency saw the creation of the Daily Point of Light Award, honoring individuals making a tangible difference. This grew into the celebrated "1000 Points of Light" campaign, a powerful initiative recognizing volunteer impact across America. Inspired by this vision, the Points of Light Foundation was established in 1990, carrying forward the mission to empower individuals to enact change. Fittingly, in 1991, President Bush formally designated April as National Volunteer Month, underscoring his belief that "the solution to each problem that confronts us begins with an individual who steps forward and who says, 'I can help.'"

"the solution to each problem that confronts us begins with an individual who steps forward and who says, 'I can help.'"

Today, the spirit of volunteerism thrives. Often nurtured from a young age through school programs and community activities, it remains the lifeblood of countless organizations. From grassroots initiatives in rural towns to large-scale operations in major cities, the impact of volunteers is undeniable. Sometimes their efforts provide crucial support, a steady hand ensuring vital services continue; other times, they ignite transformative change, reshaping communities for the better.

At The Span Center, we witness this power firsthand every day. Our volunteers are more than helpers; they are integral partners in our mission. Each individual who steps forward, offering their unique skills and unwavering dedication, truly embodies the “point of light” ideal President Bush championed. We simply couldn’t achieve our goals without their commitment, whether they contribute hours or moments. To our volunteers: your willingness to say “I can help” makes all the difference. Thank you.

Inspired to make a difference?



If you're interested in finding out more about our volunteer opportunities, contact us:

Email: volunteer@spancenter.org

Phone: 804-343-3024



Furbish THRIFT

Furbish Thrift Pet Food Pantry

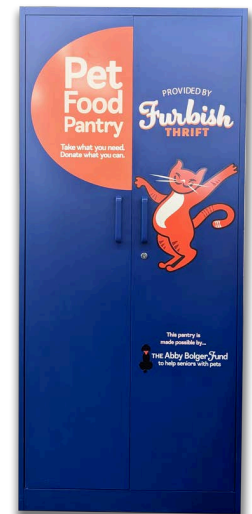
The Span Center is excited to announce a new partnership with Furbish Thrift to host a pet food pantry at our offices, located at 1300 Semmes Avenue, Richmond, VA 23224. This initiative aims to support older adults and individuals with disabilities in our community who may be struggling to provide food for their beloved companion animals.

Pets offer invaluable companionship and can significantly enhance the quality of life for the people we serve. However, the cost of pet food can be a burden for those on fixed incomes or facing financial hardship. Recognizing this need, The Span Center is proud to collaborate with Furbish Thrift, a local organization dedicated to supporting pets and their people.

How The Pet Food Pantry Works:

This program is designed to provide supplemental pet food to those in our community who need it most. It is important to note that The Span Center is not open to the public for walk-in pantry services. Individuals interested in receiving pet food must first contact The Span Center to determine eligibility and make arrangements.

To inquire about the Furbish Thrift Pet Food Pantry at The Span Center, please call us at 804.343.3000 or email contact@spancenter.org. Our dedicated staff will be happy to discuss your needs and guide you through the process.



This new pet food pantry aligns with The Span Center's mission of Support, Connection, and Advocacy. We understand the deep bond between people and their pets, and we are committed to helping maintain these vital connections. By providing this resource, we aim to alleviate some of the financial stress associated with pet ownership and ensure that more older adults and individuals with disabilities in Richmond and the surrounding counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, and Powhatan can continue to enjoy the love and companionship of their pets.

The Span Center primarily serves Older Adults, Persons with Disabilities, Caregivers, and their families, with a particular focus on reaching out to minority and rural communities. This pet food pantry is another way we are working to empower those we serve to live with dignity and opportunity.

About Furbish Thrift:

Furbish Thrift is a non-profit organization committed to keeping pets with their families. Their pet food pantry program aims to provide temporary assistance to pet owners experiencing financial hardship, helping to prevent the surrender of beloved pets to shelters. You can learn more about their mission and other initiatives by visiting their website at <https://www.furbishthrift.org/pet-food-pantry/>

The Span Center is grateful for this partnership with Furbish Thrift and looks forward to supporting our community's pets and their devoted owners.



"This pet food pantry is a compassionate lifeline, demonstrating our community's commitment to ensuring that financial hardship doesn't separate people from the comfort and joy their pets provide."

A LIFE OF SERVICE, SCIENCE, AND ART:

Dewey's Enduring Legacy

Dewey's life journey is a tapestry woven with remarkable experiences. His path began in service as a Navy nurse, a role that led him to care for Thurgood Marshall, the iconic civil rights lawyer destined to become the first Black Supreme Court Justice. Dewey's dedicated care left such a positive impression that Marshall personally arranged for Dewey and his wife, Patricia, to be married in the magnificent Washington National Cathedral – a profound gesture of gratitude that Dewey has cherished throughout his life.

Following his naval service, Dewey transitioned to another form of service: education. He shaped young minds as the head of the science department at Wheaton High School in Maryland, later bringing his expertise to the University of Richmond faculty, and eventually teaching science at the Stewart School right here in Richmond, Virginia. Alongside his dedication to science and teaching, Dewey nurtured a deep passion for art. Coloring mandalas became his personal form of expression and relaxation, a meditative practice where he saw each intricate design as a symbol of balance and harmony—a beautiful fusion of his scientific and artistic inclinations.



Dewey



Years later, this artistic passion forged an unexpected and meaningful connection with The Span Center (formerly known as Senior Connections), a Richmond-based resource organization dedicated to supporting older adults.

Amy Strite, Span’s director, learned about Dewey’s inspiring life story—his background in service and education coupled with his unique mandala art—through an artist she had studied with.

Recognizing how Dewey’s journey resonated with themes of lifelong contribution and creativity, Amy and her team sought to share his work with the community. To honor Dewey and celebrate Span’s 54th anniversary, they curated a special 49-piece installation of his mandalas at the Span Center building on Semmes Avenue in Richmond. This vibrant display became a cherished feature, each mandala reflecting a piece of Dewey’s rich life and legacy.

Recently, thanks to the Heart’s Desire program, which helps fulfill special wishes for older adults, Dewey and his wife had the poignant opportunity to revisit The Span Center and see his artwork displayed once more. Upon entering the building, Dewey was met with key members of The Span Center team who had championed bringing his art to the public eye. Seeing the installation again, Dewey’s face lit up. He immediately approached the walls adorned with his creations, gently tracing the familiar shapes with his fingers.



With a broad smile, he pointed out his favorite pieces and the colors that resonated most deeply, sharing laughter and memories with the team about the joy and inspiration his art has provided.

For Dewey, this Heart’s Desire visit was more than a nostalgic trip; it was a powerful affirmation of the rich life he has lived and the positive impact his service, teaching, and art continue to have on the Richmond community he touched in so many ways.

The day was beautifully captured by photographer Christopher “Puma” Smith
eyeneyevisions.com

Chicken Ratatouille

It may be hard to say “ratatouille” (pronounced rat-uh-TOO-ee), but this one-dish recipe will show you that it’s very easy to eat

Prep Time	Cook Time	Yields	Serving Size
15 minutes	20 minutes	4 servings	1½ C chicken and vegetables

INGREDIENTS

- 1 Tbsp vegetable oil
- 12 oz boneless, skinless chicken breast, cut into thin strips
- 2 zucchini, about 7 inches long, unpeeled, thinly sliced
- 1 small eggplant, peeled, cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, rinsed and cut into 1-inch pieces
- ½ lb fresh mushrooms, rinsed and sliced
- 1 can (14½ oz) whole peeled tomatoes, chopped
- ½ Tbsp garlic, minced (about 1 clove)
- 1½ tsp dried basil, crushed
- 1 Tbsp fresh parsley, rinsed, dried, and minced
- ¼ tsp ground black pepper

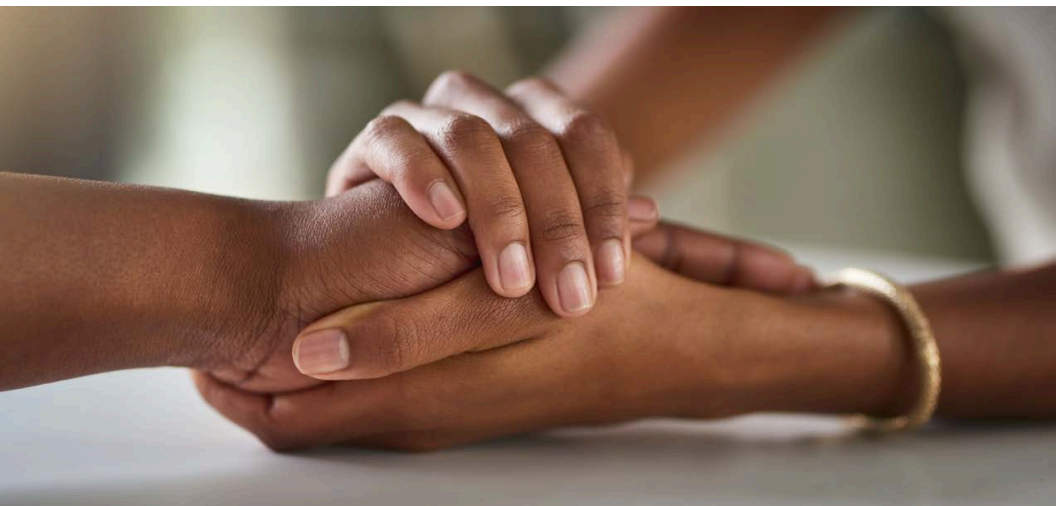
DIRECTIONS

- 1 Heat oil in a large nonstick pan. Add chicken, and sauté for about 3 minutes or until lightly browned.
- 2 Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook for about 15 minutes, stirring occasionally.
- 3 Add tomatoes, garlic, basil, parsley, and black pepper. Stir and continue to cook for about 5 minutes. Serve warm.

NUTRITION INFO

Calories	266
Total fat	8 g
Saturated fat	2 g
Cholesterol	66 mg
Sodium	253 mg
Total fiber	6 g
Protein	30 g
Carbohydrates	21 g
Potassium	1,148 mg





Your Support

The Span Center depends on the generosity of individuals, corporations, and organizations who support our efforts to enhance the quality of life for older adults and support caregivers.

HOW YOU CAN HELP

- Make a financial gift. Donations are tax-deductible. You can donate using the QR code below or visit spancenter.org/give for more options.
- Volunteer your time. Volunteers help provide much needed information and services to the community.
- Spread the word! Tell people about The Span Center. Like and share our social media posts on Facebook, Instagram, and Youtube.
- Ask your employer if they make matching gifts.



*We couldn't do what we do
without your generous support.*



CONTACT US

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spancenter.org

OUR OFFICE

The Span Center
The Capital Area Agency on Aging

1300 Semmes Avenue,
Richmond, VA 23224



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