

# PARISH NURSE MINISTRY

Red Cross Bloodmobile  
Saturday, January 22, from 11:00 a.m. - 3:00 p.m.

Strength and Balance Exercise Classes  
Mondays and Fridays, from 9:15 - 9:45 a.m.

Chair Yoga Exercise Classes  
Mondays and Fridays, from 9:50 - 10:20 a.m.

## PARISH NURSE EDUCATION SERIES

Sundays, 2:00 - 3:30 p.m., in the Fellowship Hall

❖ January 9

### *The Expanding Role of Telehealth in 21<sup>st</sup> Century Medicine*

**Speakers:** Peter Betz, MD, Geriatric Psychiatrist and Chair, Telehealth Task Force, Centra Health  
Patrick Brown, MD, Pediatrician and Chief Medical Informatics Officer, Centra Health

Telehealth is defined as the use of technology to provide healthcare services such as direct patient care, remote health monitoring, health education, etc., at a distance. While many people think of video conferencing when it comes to telehealth, the technology can be as simple as a phone call or an email. While telehealth is not new, its use exploded rapidly during the COVID-19 pandemic and it will likely continue to be an integral part of healthcare delivery in 2021 and beyond. Our speakers will discuss some of the lessons learned from their experiences with telehealth including what we've learned about the benefits and limits of this technology as well as opportunities for the future.

❖ February 13

### *Area Transportation Options and Other Helps for Aging in Place*

**Speakers:** Kenneth Young, Director of Transportation, Central Virginia Alliance for Community Living, Inc.  
Vickie Craig, Public Relations Coordinator, Central Virginia Alliance for Community Living, Inc.  
Natalie Wilkins, Greater Lynchburg Transit Company

Transportation becomes an important consideration as we age and plan pro-actively for community living. Some people become physically unable to drive. Others simply no longer want the responsibility of maintaining a privately owned vehicle. This program will inform you of transportation alternatives in the community, how they function, and how to access them. We will also discuss other services that help people remain in their homes as they age. Come and learn for yourself or for those you love.

❖ March 13

### *Downsizing and Decluttering: Deciding What to Keep and What to Let Go*

**Speaker:** Glenda Clark, American Association of Retired Persons Educator

Sooner or later, we will all be faced with the need to downsize and declutter our living spaces. There are many reasons for decluttering. An obvious one is when we decide to downsize and move into more manageable housing. Another is when we become responsible for helping a loved one downsize to different housing or we have to decide what to do with the household possessions of loved ones who have died. Another reason to down size and declutter is safety. Downsizing can free up space for easier and safer mobility in whatever space we live. It can even eliminate fire hazards. Decluttering should be a lifelong process, not left until it seems overwhelming. It is psychologically and spiritually freeing to eliminate what we no longer need for our daily lives. The difficult part is deciding what to keep and what to let go. This program gives us strategies for getting organized and for parting with and eliminating no longer needed possessions.