



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







FREE SENIOR SAFETY WORKSHOP

MEDICATION SAFETY
FOR SENIORS

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

RSVP to attend at:
<http://tiny.cc/triadavg2023>

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 TRIAD**
Caring About Our Community's Well-Being

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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. Hope 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

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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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Caring About Our Community's Well-Being

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

Willow Creek
Gracious Retirement Living

516 Great Bridge Blvd.
Chesapeake, VA 23320

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

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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!

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at: (757) 382-2268

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Harmony
at Oakbrooke

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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Caring About Our Community's Well-Being



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>



MEDICARE BASICS
YOU NEED TO KNOW!
Lisa Johnson, with Aflac 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

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

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>



AGING UNBOUND: MAY 2023

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





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







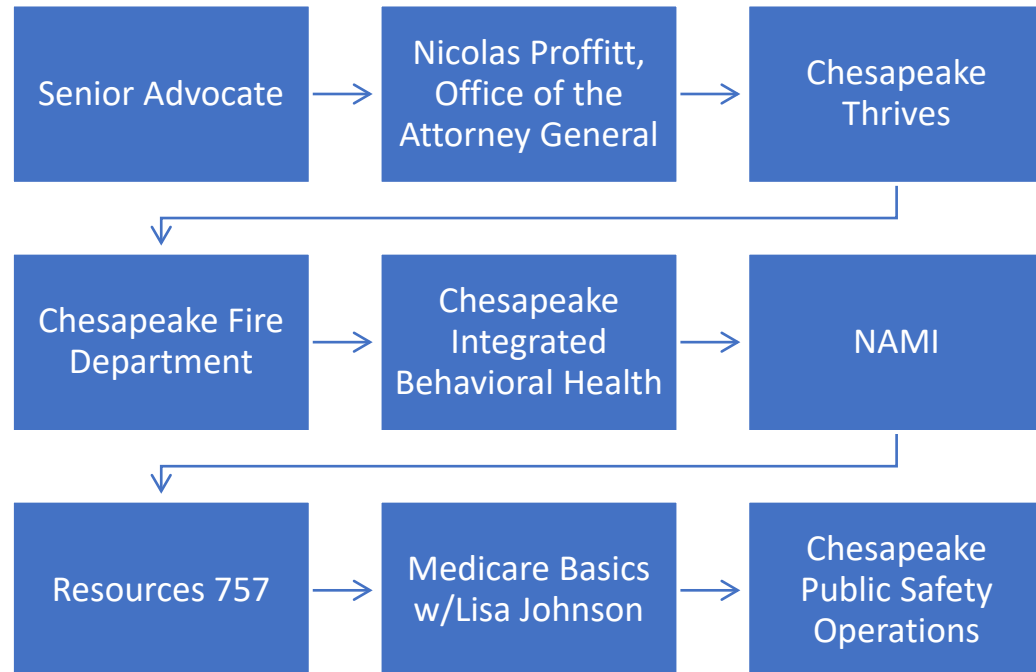
Monthly Meeting Host...



**CHESAPEAKE REGIONAL
HEALTHCARE**

LIFESTYLE & WELLNESS

Thank You to our CTFOA 2023 Meeting Presenters!



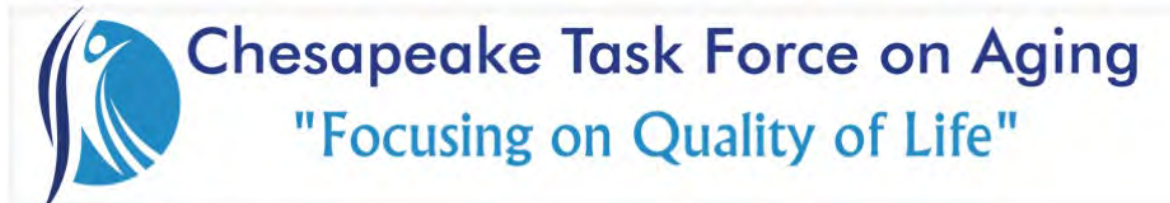
Thank you to our December Breakfast Mixer Host...

holiday
by ATRIA
SENIOR LIVING

LIGHTHOUSE
POINTE

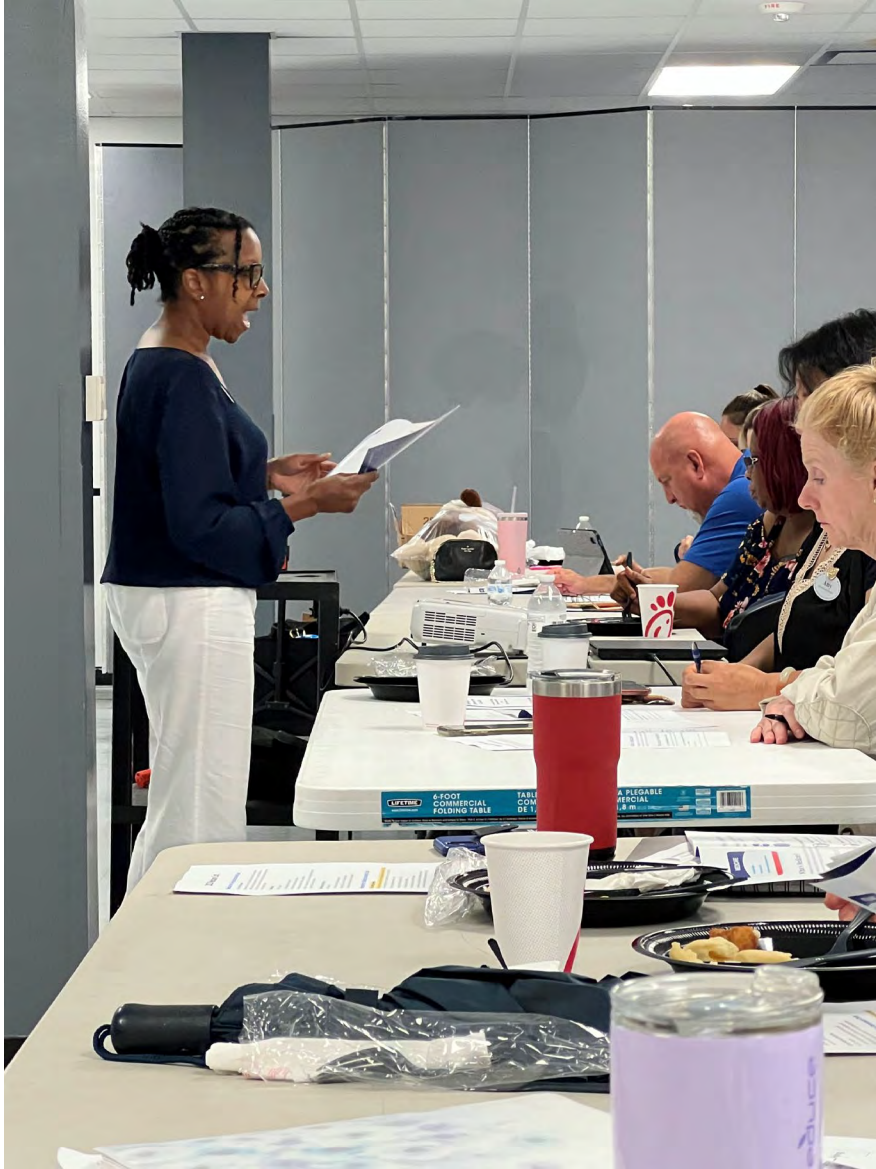


Welcome to the Members of the Chesapeake Thrives
"Aging in the Community" Work Group











Happy Holidays

And Have a Happy New Year!



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