



## Focus 50+ Screening

Senior Connections, The Capital Area Agency on Aging's **Focus 50+ Screening Project** will contact women age 50 and over in the Richmond area, with special emphasis on African American and Hispanic women. The women will receive education about the importance of breast cancer screening and encouraged to have mammograms.

Volunteers, recruited and screened by Senior Connections, will work with women to ensure that they follow-through with their exams.

Efforts to get the message out will include speaking engagements, publications and postings on the Agency's website.

**Senior Connections**  
The Capital Area Agency on Aging

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## Senior Connections Awarded Second-Year Susan G. Komen Foundation Grant for Mammogram Outreach Program

Senior Connections is proud to report that the Central Virginia Affiliate of the Susan G. Komen Foundation has funded our Focus 50 Plus mammogram outreach program for a second year. We will continue providing information and practical guidance to area women so that they can obtain their annual mammograms.

Regular mammograms are the best way to catch cancer early. When detected in a timely way, women have a very high survival rate.

Focus 50 Plus's new grant year starts February 1, 2011 and we will add some new activities so that we contact thousands of women age 50 and over with the "Have a Mammogram" message. If you would like to play an easy role of spreading the word, please

call the staff of Focus 50 Plus:

Cynthia Martin – (804) 672-4486 [cmartinfocus50plus@gmail.com](mailto:cmartinfocus50plus@gmail.com) (English)

Anir Velez - (804) 672-4486 [avelezfocus50plus@gmail.com](mailto:avelezfocus50plus@gmail.com) (Spanish/English)

Is every woman in your church or community group getting her mammogram? Invite Focus 50 Plus to speak to your organization. Call program manager Catherine Hendrickson, 343-3043, [chendrickson@youraaa.org](mailto:chendrickson@youraaa.org).

Mammograms are very convenient and well covered by Medicare and other insurance. If a woman lacks insurance, there are free mammo-grams, with free followup care, if needed.

Have you and your loved ones had their mammograms THIS year? If not, call Cynthia Martin and Anir Velez.

CATHERINE HENDRICKSON  
PROGRAM COORDINATOR