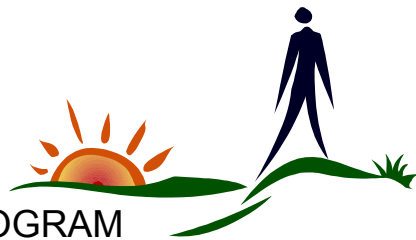


# SENIOR SPOTLIGHT

A NEWSLETTER OF THE SENIOR VISITORS PROGRAM



June 2010

10<sup>th</sup> Anniversary – 2000 to 2010

## The Art of Aging: Life Begins at Fifty

a collaboration of



**JUNE 16, 2010**

**10:00 am to 2:00 pm**

**at the**

**Fredericksburg Expo and Conference Center**

2371 Carl D. Silver Parkway, Fredericksburg VA 22401

EXHIBITORS,  
HEALTH SCREENINGS  
and  
EDUCATIONAL WORKSHOPS  
PROMOTING HEALTHY AGING  
IN FREDERICKSBURG, VIRGINIA

No Admission Charge  
Door Prizes

# TRANSPORTATION RESOURCES

The following is a list of local transportation resources. Many have wheelchair accessibility. Please call each individual provider for rates and hours.

American Cancer Society Resource Center (cancer related appts. only)	(888) 227-6333
Comfort Keepers	(540) 370-0008
Dominion Cab	(540) 548-3966
Driving Miss Daisy Too	(540) 842-2058
FRED	(540) 372-1222
Gail's Helping Hands	(540) 735-5872
Gofer Girls	(540) 775-5514
Golden Years Transportation	(540) 288-8446
Helping Hands of Fredericksburg	(540) 850-9871
Logisticare (Medicaid)	(866) 386-8331
Mary Washington Healthcare Private Duty Services	(540) 741-3477
Rappahannock Area Agency on Aging	(540) 371-3375
Senior Ride	(540) 895-0111
Spotsylvania American Legion Post 321 (to McGuire Hospital)	(540) 582-5929
	Extension #3
TLC Medical Transports, Inc.	(540) 370-1745
Vango Van (wheelchair VA patients)	(800) 784-8381
Visiting Angels	(540) 373-6909
Wisdom Rides	(804) 633-6157

## SAVE THE DATES

The Senior Visitors Program will celebrate its 10<sup>th</sup> Anniversary on August 25, 2010 from 4:00 pm to 6:00 pm. We hope you will put this celebration on your calendar and make arrangements to join us for this special event!

The Senior Visitors Program launched in 2000 after calls by seniors to the Mental Health Association's Helpline indicated loneliness and a desire for some friendly company. The program has accepted over 400 seniors who have enjoyed weekly visits from their volunteer friend. Happy Anniversary Senior Visitors Program!

\*\*\*\*\*

The Caregiver's Symposium, sponsored by Partners In Aging, will be held on November 6, 2010. This is a special event for those anticipating the needs of, or caring for an elderly parent or loved one.

\*\*\*\*\*

**A perfect summer day is when the sun is shining, the breeze is blowing,  
the birds are singing, and the lawn mower is broken. - James Dent**

# WHAT IS THE CENSUS?

The U.S. Census counts every resident in the United States, and is required by the Constitution to take place every 10 years.

I don't want someone coming to my door asking questions.

A census questionnaire was mailed to you in March. If you filled out the form and mailed it back, no census taker will need to come to your residence.

## Key dates:

**March 2010** Census forms are mailed or delivered to households.

**April 1st 2010** National Census Day. **Use this day as a point of reference for sending your completed forms back in the mail.**

**April - July 2010** Census takers visit households that did not return a form by mail.

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home. There are 10 questions on the questionnaire including information about every person living at each address like name, age, gender and race. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. The Census Bureau will not contact you by Email, so be on the lookout for Email scams impersonating the U.S. Census. The Better Business Bureau (BBB) advises people "to be cooperative, but cautious, so as not to become a victim of fraud or identity theft."

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## MEMORIAL AND SPECIAL GIFTS

Memorial and Special Occasion Gifts allow you to honor or remember a loved one, a friend, a relative or a special occasion. Your tax deductible gift will be used to provide **free**, supportive services to older adults in our community that can help them remain in their own homes. Please complete the following information:

This gift is given \_\_\_\_\_ to honor, OR \_\_\_\_\_ in memory of:

Name \_\_\_\_\_

Send acknowledgement/tax deductible receipt to:

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please make checks payable to MHAF-Senior Visitors Program

Mail to: 2217 Princess Anne Street, Suite 219-1

Fredericksburg, Virginia 22401

## **COMMUNITY EXCHANGE**

**Sealston Elementary** is looking for volunteers to read to children at their school. If you are interested in this volunteer opportunity, call Phyllis Martin, Vice President of the PTA, at 775-0340.

**Johnnie Cuts My Hair** is a local resource for people who are not able to get out of their homes to get their hair cut. Johnnie Wood goes to people's homes to cut their hair. He cuts men, women and children's hair and provides an affordable "wash and wear" service for \$10.00

His number is: 540-207-4199 and his web site is:

[www.johnniecutsmyhair.com](http://www.johnniecutsmyhair.com)

**Angel Food Ministries** is a non-profit, non denominational organization dedicated to providing low cost food relief to communities throughout the USA. A "**Senior Box**" of food can be purchased monthly for \$28.00. It includes 10 perfectly seasoned, nutritionally balanced, fully cooked meals – just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of a starch and two vegetables or fruit. There are no applications or qualifications and anyone can participate. For more information on how you can order the "Senior Box" or one of the other food boxes offered each month, please call our office at 371-2704 and we will give you the contact information for the site closest to your home.

**Food For Life** is a Brown Bag Feeding program for low-income elderly and for those with certified disabilities that are in low income households. Food For Life will distribute nutritious food to qualified individuals. The donated foods are not intended to meet all the nutritional needs of the clients, but rather to offer a supplement to their diets. Participants receive a bag or box of supplemental food each month. For more information on how you can apply for the Food Bank's "**Food For Life Box**" please call our office at 371-2704.

**Free Mammogram and Pap Test:** Do you qualify for free testing? Screening is free if you are 50-64 years old, a resident of Virginia, have no insurance and your yearly income falls within designated guidelines. For more information call Tomiko Gowins at the Fredericksburg Health Department at 899-4142.

**Fitness anyone?** Sport and Health Fitness Center at Central Park is offering a Free Trial or Complimentary Tour with no charge or obligation. For more information call Chelsie Kraft, Membership Consultant, at 540-786-4242.

## Do you qualify for free cell phone service?

1. SafeLink Wireless is a website dedicated to providing Lifeline Service to individuals that qualify. Lifeline Service allows individuals that qualify to receive free cellular service, a free cell phone, and free minutes every month. For more information, please visit [www.safelinkwireless.com](http://www.safelinkwireless.com)
2. Assurance Wireless offers a free wireless phone and 200 free minutes of wireless service to eligible customers each month. For more information, please call 1-888-898-4888.

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## DIRECTORS CORNER

Warm weather is finally here! I hope you have an opportunity to feel the grass between your toes, drink ice cold lemonade or slurp watermelon down your chin!

We don't have room to share all the resources in our community in this newsletter, but if you need something or are looking for a resource please feel free to call on us and we'll try to help you. Please save the **Transportation Resources** listed in this newsletter.

Thanks to all of you who wrote letters to your local supervisors or council members and who came out to the recent budget hearings to support funding for the Senior Visitors Program. While we did experience some cuts in the budget, we are working hard to make up the differences with our fundraisers so there will not be any loss of service to our seniors. Please don't forget us when you are considering your opportunities to give back to this community. We appreciate all your support and all who donate to this program!

Please save the date for our **10<sup>th</sup> Anniversary Celebration on August 25<sup>th</sup>!**  
We hope to see you all there!

*Teresa Bowers*

\*\*\*\*\*

Who Hath A Friend With Whom To Share -  
Hath Double Cheer and Half o' Care.

# **SHARING SENIOR STORIES**

On October 17, Gertrud was born into a loving family. Her family's house was surrounded by the Bavarian Alps and adjacent to a beautiful lake: a paradise for children. Because of the danger presented by the nearby lake and mountains, her father insisted she learn to swim and ski by the age of three. She also started piano lessons at the age of four.

This environment also presented many obstacles when Gertrud went to elementary school each day. She had to walk 5 kilometers to school, often trudging through snow up to her knees, or getting soaked by storms. Her teacher would sit the children next to a wood stove on their arrival, so they could dry out and warm up. Despite the exposure to the cold and wet weather, the children rarely got sick.

Due to World War II and the constant air raids in Germany, Gertrud's parents enrolled her in a Catholic convent boarding school. The students there had to go to classes, regardless of the additional hours they spent in bomb shelters, and the eight hours of school were difficult. On February 27, after air raids that lasted all day, the school was bombed out. 120 students and 120 nuns were buried under a three-story building. It took 7 hours to dig them out of the rubble in the middle of an inferno. The whole city was on fire and the students walked between unexploded bombs, collapsed buildings, and dead bodies until a lonely train took them to a destination near Munich. On the next overcrowded train, people let Gertrud find a seat because she was dirty, smelled badly, had holes in her shoes, and wore a torn jump suit. Her father and sister picked her up from the station. Upon her return, Gertrud's mother fell apart from the relief of seeing her alive.

Gertrud met her future husband, Klaus Hoppensack in September of 1947. Three weeks after their marriage, Klaus left for the United States. Gertrud had to remain behind for 13 months until she received permission to immigrate. She traveled by boat to America in cabin class with money that Klaus had sent her for her journey. She will never forget sailing close to the Statue of Liberty upon her arrival. When she arrived in New York, Klaus surprised her with a new car!

Gertrud and Klaus settled in Forest Heights, Maryland, where they lived for 30 years. They enjoyed traveling and frequenting the many performances at the Kennedy Center. They adopted two children, Hansi and Karin. In 1959, Gertrud became an American citizen and got her driver's license. She almost killed Klaus in the process of learning to drive because she often mixed up the gas and brake pedals!! Gertrud was a room mother in her children's schools and a Girl Scout assistant leader. With their children, Klaus and Gertrud traveled all over the United States and Europe. They enjoyed deep sea fishing, mountain climbing, skiing and boating.

Gertrud became mother of the bride, mother of the groom, and then a grandmother of four grandchildren who she enjoyed visiting and babysitting. In spite of this happiness, she felt empty now that her children were out of her house. She decided to take the Government Exam and then started to work, even though Klaus protested! She worked for the Space Command where she was a department head. She met lots of interesting

people like astronauts, movie stars, and scientists. She also got to see the Hubble Telescope during its assembly.

In 1993, Gertrud retired and they moved to a house in the Shenandoah Valley where they had 15 acres of land, a fish pond, and views of mountains and a river.

When Klaus became ill, he and Gertrud moved to Fredericksburg and then eventually to Greenfields Assisted Living in Stafford where Gertrud continues to live. Klaus' passed away in September 2006. She enjoys her life in the Assisted Living facility where she has met some nice people, enjoys the garden, her daily walks, as well as her visitors. Her children and grandchildren live within an hour of Greenfields, so she is able to see them without too much time in between visits.

Gertrud is one of our senior clients and enjoys visits with her volunteer, Liz. Thanks to Gertrud and Liz for sharing your stories with us!

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### **April, May and June 2010 Birthdays**

April 2010

Doris Cooley - 4/3  
Patti Sassani - 4/3  
Arlene Brown - 4/9  
James Canada- 4/14  
Tom Gibbs - 4/14  
Sue Johnson - 4/14  
Russell Thompson - 4/14  
  
Onofrio Cinetti - 4/24

Anna Marozsan -4/26  
May 2010

Ana Alvelo - 5/3  
Lewis Fickett - 5/8  
Nancy Gallahan - 5/8  
Lucy Jones - 5/10  
Christa Leckliter 5/17  
Lillian Watson- 5/23  
Harriet Telpinsterin -  
5/26

Carol Wedding - 5/28  
June 2010

Melba Doig - 6/2  
Glovenia Pauls - 6/5  
Dorothy Cuppy - 6/15  
Irene Garrett - 6/15  
Helen March - 6/17  
Ann Shockey - 6/17  
Florence Vaillancourt  
6/23

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### **Summer**

Summer comes and summer goes,  
But I will never forget the season of summer  
The birds sing their songs that make me sing along  
Oh, how I love the season of summer  
Flowers in bloom give off their sweet aroma  
I am in love with the season of summer  
Clear blue skies with not a cloud in sight  
That is the beauty in the season of summer

Melanie Johnson

# Senior Spotlight

A Newsletter of the Senior Visitors Program

Senior Visitors Program  
Mental Health America of Fredericksburg  
2217 Princess Anne Street, Suite 219-1  
Fredericksburg, Virginia 22401  
[mhafsv@mhafred.org](mailto:mhafsv@mhafred.org)  
540-371-2704

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Fred'burg VA  
Permit 236

Return Service Requested

*10th Anniversary*



*Senior Visitors Program  
2000-2010*

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**PLACE YOUR AD HERE !!**

If you would like to place your ad in this newsletter, please call the office at 371-2704 for more information.