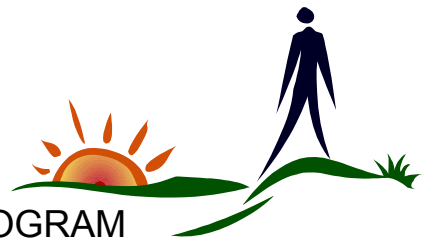


# SENIOR SPOTLIGHT

A NEWSLETTER OF THE SENIOR VISITORS PROGRAM



November and December 2009

## *CELEBRATE THE SEASON AT THE* SENIOR VISITORS PROGRAM ANNUAL

# *HOLIDAY PARTY*



We invite our Seniors, Volunteers and Friends  
To join us on

**Sunday, December 6, 2009**

from  
2:00 pm to 4:00 pm  
for our Annual Holiday Party  
at 409 Progress Street  
Fredericksburg, Virginia 22401

Please RSVP to 371-2704 by December 1st

# CAREGIVER OF THE YEAR AWARD

The Caregivers Symposium sponsored by Partners in Aging, Inc. offered the first annual **Caregiver of the Year** award to recognize the area's best non-paid caregiver.

The winner of the award is **Felix Cioffi** and was announced at the Caregivers's Symposium on November 14, 2009.

Felix is the spouse to one of the seniors, Millie Cioffi, in the Senior Visitors Program. He was nominated by Diane Trice, Millie's volunteer. Diane said these words about Felix who has been married to Millie for over 50 years: "Millie has had Alzheimer's Disease for 15 years. In the past 5 years, he has had to totally care for her needs. Until 2 years ago he bathed and dressed her without help (he had bypass surgery in 2007.) He has dedicated his life to her care. Felix has learned to cook and care for the house. He grocery shops and provides balanced meals for himself and Millie. He feeds her lunch, which takes about an hour for just a sandwich and fruit. I recently asked Felix what he would want for his upcoming birthday and he told me he just wanted Millie to say his name. I have come to love both of these wonderful people and feel it a great honor to nominate Felix Cioffi for Caregiver of the Year."

Congratulations to Felix!

\*\*\*\*\*

## 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.

\*\*\*\*\*

Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude.

~E.P. Powell

FREE  
Medicare Part D Enrollment  
Session

Presented By:



In Cooperation with:



TO REGISTER  
CALL:  
The Rappahannock  
Area Agency on Aging  
at  
(540) 371-3375

You **MUST** bring your  
Medicare Card and  
ALL of your prescrip-  
tion bottles.



December 2, 2009  
Time: 12:00 pm - 4:00 pm

WHERE: **Wegmans**  
2281 Carl D Silver Pkwy  
Fredericksburg, VA 22401

**If you have Medicare you can...**

Enroll in a Part D plan  
or  
change your plan now.

Annual Enrollment Period  
November 15<sup>th</sup> - December 31<sup>st</sup>  
of each year

*Plans change every year...*

*Should you?*

**HAPPY HOLIDAYS FROM ALL THE STAFF AT THE  
SENIOR VISITORS PROGRAM**

# WHAT YOUR BURGLAR WON'T TELL YOU

**Of course, I look familiar.** I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.

- Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, **I unlatched the back window** to make my return easier.
- **Love those flowers.** That tells me you have taste...and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
- Yes, I really do look for **newspapers piled up** on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
- **If it snows** while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
- If decorative glass is part of your front entrance, don't let your alarm company install **the control pad** where I can see if it is set. That makes it too easy.
- A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom – and your jewelry. It's not a bad idea to put **motion detectors** up there too.
- It's raining, and you're fumbling with your umbrella, and you forget to lock your door – understandable. But understand this: **I don't take a day off** because of bad weather.
- I always knock first. If you answer, **I'll ask for directions** somewhere or offer to clean your gutters (Don't take me up on it).
- Do you really think I won't look in **your sock drawer**? I always check dresser drawers, the bedroom table, and the medicine cabinet.
- Here's a helpful hint: **I almost never go in the kids' rooms.**
- You're right: I won't have enough time to **break into that safe** where you keep your valuables. But if it's not bolted down, I'll take it with me.
- A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates **the flickering glow** of a real television (find it at [faketv.com](http://faketv.com)).

*Source: Reader's Digest, September 2009, page 16. Compiled from interviews with convicted burglars from North Carolina, Oregon, California, and Kentucky.*

# ANGEL FOOD MINISTRIES OFFERS SENIOR BOX

Angel Food Ministries is a non-profit, non denominational organization dedicated to providing low cost food relief to communities throughout the USA. There are several sites in the Fredericksburg area including: The Bridge Worship Center, Eastland United Methodist Church, Wilderness Community Church, Wallers Baptist Church, Second Baptist Church and King George Church of God.

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, two vegetables or fruit and a dessert.

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 BOX FROM FOOD BANK

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.

\*\*\*\*\*

On Thanksgiving Day, all over America,  
families sit down to dinner at the same moment - halftime.  
~Author Unknown

# DO YOU QUALIFY FOR FREE CELL SERVICE?

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. To qualify, you must fit all of the following criteria:

1. If you already participate in one of the following assistance programs: Federal Public Housing Assistance/Section 8, Food Stamps, Low Income Home Energy Assistance Program, Supplemental Security Income, National School Lunch (free program only), TANF, or Medicaid.
2. If no one in your household currently receives Lifeline Assistance through another phone carrier. If someone in your household is receiving Lifeline Assistance, you must cancel the service before applying for Lifeline Service through SafeLink Wireless.
3. If you have a valid United States Postal Address. P.O. boxes cannot be accepted.

For more information, please visit [www.safelinkwireless.com](http://www.safelinkwireless.com)

\*\*\*\*\*

I will honor Christmas in my heart, and try to keep it all the year.  
Charles Dickens, *A Christmas Carol*

## 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)

## NEED A HELPING HAND?

**The Rappahannock Area Agency on Aging** provides free weatherization services to income-eligible households. There is no age restriction. The services include insulation and energy-related repairs to reduce air leaks and lower energy usage. For more information, call 540-371-3375 or email [info@raaa16.org](mailto:info@raaa16.org).

**Rebuilding Together Fredericksburg**, a volunteer home renovation organization, provides critically needed home repair services to qualifying low income and disabled homeowners. If you or someone you know needs assistance with a basic housing renovation or refurbishment, Rebuilding Together may be able to help. Contact them today at 540-373-9807, or at P.O. Box 41280, Fredericksburg, VA 22404.

The youth group, **Righteous Riot, from New City Fellowship Church** in Fredericksburg, would like to help you with a project around your home! If you have some project that needs to be done, then this is your chance. Project ideas include raking leaves, pulling weeds, mulching, cleaning out closets, dusting, washing windows... the list is endless! Give us a call in the office at 371-2704 if you have something that you need help with around your home. This group is available on an ongoing basis so call us anytime with those projects!

The **Youth Team** of the **Rappahannock Area Chapter of the American Red Cross** is also willing to do small projects in and around the home. Please call 371-2704 if you have a project that you need done at your home!

## VOLUNTEER VIEWPOINT

We have received in the office the new temporary **Disabled Parking Placard** for Volunteers to use if your senior client needs to park close to the door of any facility or store that you might be visiting together. Call the office at 371-2704 if you want to check one of these placards out to use.

\*\*\*\*\*

This is my wish for you: peace of mind, prosperity through the year,  
happiness that multiplies, health for you and yours, fun around every corner,  
energy to chase your dreams, joy to fill your holidays!

-- D.M. Dellinger

# 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  
540-371-2704

NonProfit Org.  
US Postage  
PAID  
Fred'burg VA  
Permit 236

**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.