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**Senior Spotlight**

January/February 2018

We were pleased that so many of our seniors and volunteers were able to join us this past December 2<sup>nd</sup> for our annual Holiday Party.

We had delicious food, door prizes and a special performance by some local talent, The Voices.



We thank our sponsors (Virginia Home Care Partners and Thrivent Financial) and several volunteers who helped make the Holiday Party a splendid success.

We recognized the following volunteers at the Holiday Party for their hours of service:

Ted Brissey – 50 hours	Rick Conte – 50 hours	Robin Coppock – 50 hours
Debbie Drolshagen – 50 hours	Fred Mufang – 50 hours	Carol Sadler – 50 hours
Corrine Macon – 50 hours	Mike McDonald – 50 hours	Janette Calo – 50 hours
Ben Abeye – 200 hours	Tawnia Brown – 200 hours	Todd Rump – 200 hours
Domingo Cruz – 200 hours	Andria Ross – 200 hours	Darby Waetjen – 500 hours

Thanks to all of our wonderful volunteers who give so generously of their time!

# Health and Safety



Look in this section of our newsletter each month for important health and safety tips and community health-related events or resources specifically for seniors!

This month's health and safety information highlights the Federal Communications Commission's Lifeline Program. Since 1985, the Lifeline program has provided a discount on phone service for qualifying low-income consumers to ensure that all Americans have the opportunities and security that phone service brings, including being able to connect to jobs, family, and emergency services. Landline or wireless service is available.

More information is available on their website <https://www.fcc.gov/general/universal-service> including a list of about 20 companies which participate in Lifeline as a service provider.



For example, two companies providing wireless phone service for Lifeline are:

Assurance Wireless – “Enrollment in this government benefit program is available to individuals who qualify based on federal or state-specific criteria. You may qualify for Assurance Wireless if you participate in any of the following government programs: Food Stamps/SNAP, SSI, Veterans Pension benefit or Survivors Pension benefit, Medicaid, Federal Public Housing Assistance or Section 8 OR you may qualify based on household income.” Customer Service number is 1-888-321-5880.

SafeLink Wireless – “A program serving eligible households and is provided by TracFone Wireless, Inc. To participate in the SafeLink Wireless service, certain eligibility requirements must be met, which are set by each State where the service is provided. These requirements are based on a person's participation in state or Federal support programs or by meeting the Income Poverty guidelines as defined by the U.S. Government. SafeLink Wireless service is limited to one person per household.” For Enrollment and Plan Changes Support call 1-800-Safelink (723-3546).

# Our Stories



Volunteer, Corrine, recently shared two wonderful stories about experiences she and her senior, Minnie have had out in the community.

“I have a lovely story to tell that happened Wednesday when I was with Minnie on our weekly outing. We went to Nail Galaxy on Bragg Rd to have our nails done and everyone asked if Minnie was my mom. I explained that she was my senior friend and I described the program to them. There was a woman in the shop who was having her nails done and was listening to our conversation and upon leaving she paid for both of our manicures and told me that we were what Christmas was all about and she wished us a Merry Christmas. I thanked her and gave her a hug and introduced her to Minnie who also showed

her appreciation. This wonderful woman's name was Susan and I do hope she has a great holiday!!!”

“I was walking thru the streets in my neighborhood and ran into a lovely couple named Dot and Jim. We had a lovely conversation and Dot mentioned she was a quilter. My ears went up as my senior, Minnie, was also a quilter (needless to say I was not gifted with this wonderful talent). I told Dot about Minnie and the program and she invited us to a group that meets on Wednesdays at 9 at the Tabernacle church off Plank Rd. Long story short we have been attending the Squares and Prayers group for months. I cannot tell you how wonderful, loving and inclusive these woman have been to Minnie and myself. It has been a blessing to have met such a wonderful group. I am grateful to have joined the seniors program. So many wonderful experiences in such a short time.”

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Debbie and her father, Fred, joined the Senior Visitors Program and were matched with Shirley. They have been visiting now for over a year. Debbie says, “What a perfect match for us! It seems we never have to struggle to find something to chat about. We share stories about our families, backgrounds, Deaf Education, and often – she and Dad compare and discuss health issues, politics, taxes, etc. They have both experienced the past in ways that I have not and it gives me great pleasure to just sit back and entertain Shirley’s little dog, Buster Brown, while they share their past life experiences.”

Fred and Shirley agree that their visits have been a wonderful gift. Fred says, “I enjoy my visits with Shirley because it makes me happy to help those who request my help. The day Shirley and I sat together while I helped her understand her tax return was particularly enjoyable to me.” Shirley explains, “At 97 years old, Fred is so alive! I am a history nut and I love our interesting conversations about Fred’s World War II experiences. And I don’t know how Debbie finds time for everything, but she does! She is so good to me.”



# Fun And Games

## Happy New Year

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell the name of a popular location for celebrating New Years Eve.

S E I B A B N E W Y E A R S E V E Y  
G C H A M P A G N E T Y I M N S T T  
E N S S U E T H C D A N C E D R H R  
S Q I N F E T O O D M U A Y O E I A  
E F C G F I N A S L S U E R F K R P  
D H E F N F R R R R I A S E D A T S  
A I U S E I A S E B R D N I E M Y K  
R B B T T E S M T I E S A F C E F R  
A M T A Y I A N N O R L A Y E S I O  
P I S W L E V R O E F T E E M I R W  
N D E A R L E I N I H J V C B O S E  
D N E T R V O N T E T E A S E N T R  
A I S W I A A O R I N A S N R O H I  
Y G Y E O B I T N T E I R R U K C F  
O H W I N E I T S S K S I O H A T S  
N T Y L I M A F N O I S A C C O R T  
E T S A E F S N O I T U L O S E R Y  
S R E Z I T E P P A Y F R I E N D S

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF	HOLIDAY	PARTY
BALLOONS	DECEMBER	HORNS	PUNCH
BANNERS	EVENTS	KISS	RESOLUTIONS
BUFFET	FAMILY	MIDNIGHT	SINGING
CELEBRATE	FATHER TIME	MUSIC	STREAMERS
CHAMPAGNE	FEAST	NEW YEARS	THIRTY FIRST
CONFETTI	FESTIVITIES	DAY	TIARAS
DANCE	FIREWORKS	NEW YEARS	WINE
DAY ONE	FIRST OF	EVE	YEAR IN
	JANUARY	NOISEMAKERS	REVIEW
	FRIENDS	OCCASION	

[Did you enjoy this puzzle? Visit: http://www.puzzles.ca/wordsearch.html](http://www.puzzles.ca/wordsearch.html)

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**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:

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Mail to: 2217 Princess Anne Street, Suite 104-1  
Fredericksburg, Virginia 22401

## **Free Events You and Your Volunteer May Enjoy:**

**The Lees: A Birthday Celebration** - You are invited to the annual birthday party for the Lees at Stratford Hall. This family-fun event includes self-guided tours of Stratford's historic Great House, the "Civil War Civilians of Spotsylvania Historical Interpreters," a scavenger hunt for kids, Wrights Delight BBQ, and the live 19th Century music of Doug Marshall and Company. In keeping with tradition, guests can top off the celebration with a slice of birthday cake! Saturday, January 13<sup>th</sup>, 9:30 a.m. – 5:00 p.m. at Stratford Hall, 483 Great House Road, Stafford, VA 22558. FREE

**Fireside Concerts** - Enjoy live music in the relaxed setting of our "living room." A variety of folk, acoustic, original songs, & instrumentals. January 13: Ernie Ackermann; February 10: Luke Gray. 2:00 p.m. – 3:00 p.m. at England Run Branch of the Central Rappahannock Regional Library, 806 Lyons Boulevard, Fredericksburg, VA 22406. FREE

### **Free Tax Preparation Clinics 2018**

Bring your social security cards, photo IDs, last year's return, and all necessary forms and receipts (W2, 1099, 1095–A, etc.), childcare provider's ID number, amount of any other income or economic stimulus payments if received, and bank routing and account numbers if requesting direct deposit. Eligibility for EITC Clinics is a maximum income of \$66,000 regardless of family size. No appointments necessary.

**For more information on eligibility and all area EITC clinics locations, visit <https://www.rappahannockunitedway.org> or call 540–373–0041.**

\*7:00 is the latest a return may be started. Sites close promptly at 8:00.

**Tax sites open in late January and run through April 18.** Not all sites are open all days. Tax sites operate on a first come, first served basis. We register our last client one hour prior to closing. **Locations include: Rappahannock United Way Office, CRRL Headquarters Library, CRRL England Run Library, CRRL Porter Library, King George Senior Citizens Center, Rappahannock Goodwill (Spotsylvania), and more.**

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Questions about the **AARP tax clinics**? AARP Tax Aid Clinics **Appointments required, but some limited walk-ins may be accepted.** IRS-trained volunteers will help prepare simple tax returns. Call the specific branch for an appointment no more than one week in advance.

- **England Run Branch**, 540-899-1703, Mondays and Saturdays, January 29-April 14 (except March 24), 9:00-2:00
- **Salem Church Branch**, 540-785-9267, Wednesdays and Fridays, January 31-April 13, 10:00-2:00
- **Snow Branch**, 540-507-7565, Saturdays, February 3-April 14, 9:30-2:00



## January/February 2018 Birthdays



Sylvia K – 1/1  
 Lois R – 1/7  
 William R – 1/10  
 Micki R – 1/11  
 Leola T – 1/17  
 Merlene C – 1/20  
 Diana S – 1/29

Evelyn C – 2/3  
 Deborah M – 2/3  
 Isabell J – 2/5  
 Walter B – 2/8  
 Nancy M – 2/8  
 Lois S – 2/12  
 Naomi M - 2/13  
 Kenneth L – 2/18

If we missed your birthday, please let us know at (540) 371-2704.

“Tomorrow, is the first blank page of a 365 page book. Write a good one.”  
 — Brad Paisley

The hidden message is:  
 TIMES SQUARE IN NEW YORK CITY



### Winter Health and Safety:

**Falls –** Slippery conditions in the winter can increase the risk of falls. Avoid falls by making sure your walkways are kept clear. Use sand or cat litter to coat outdoor walkways, or connect with a neighbor who can help. Let wet boots and jackets dry over an absorptive material, so dripping does not cause a slip. Wear a call button or whistle so you can summon help if you do fall.

**Dehydration –** Drink several glasses of water each day. Older adults are prone to dehydration and may have decreased water intake during colder months.

**Flu –** Don't forget to get your flu shot! Frequent handwashing and avoiding people who may be sick will also help reduce the risk of flu infection.



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# Senior Spotlight



Senior Visitors Program  
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Fredericksburg, Virginia 22401  
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