

WELCOME TO OUR

# Senior Spotlight

THIS APRIL IS

## Volunteer Appreciation Month

We are so grateful for our volunteers! Thank you for all that you do!



*"Never be limited by other people's limited  
imagination."*

*- Dr. Mae Jemison*

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!

## SPRING CLEANING

If you're feeling a little cooped up from winter, spring cleaning is an excellent way to feel good doing something productive and get yourself in the mood for warmer weather!



- Replace air filters
- Check smoke detectors
- Organize medicine cabinet
- Use light storage containers
- Use helpful tools to reduce the risk of falling, like extendable dusters and a standing dustpan
- Ask for help!



### HAVING A PARTICULARLY HARD DAY?

### FEELING LONELY AND WANT TO TALK?

Reach out to a friend, neighbor, family member, Senior Visitors Program,

OR

Connect with MHAV's Warm Line for a friendly voice and other resources.

**WARM LINE 866-400-MHAV (6428)**

9 AM TO 9 PM (MON. - FRI.)

5 PM TO 9 PM (SAT. - SUN.)

### *Age Your Way*

and with the support of people you choose.

Options Counseling can help you with:

- ◆ Identifying community supports
- ◆ Understanding community supports
- ◆ Weighing risks and benefits of each option

**Call Us (540) 371-3375**



Options Counseling helps you to Age Your Way



I met Peter and Ashley at one of their favorite places, Bojangles in Spotsylvania. Their genuine smiles and comfortable conversation said volumes about their friendship.

"Ashley is a hard worker. He was a chef for 35 years. For decades he worked two jobs to support his family. He grew up on a farm near Keysville. Really, he is a social butterfly, and he is always positive, upbeat, and full of energy," says Peter.

Ashley says, "Peter is a fine person. I couldn't ask for a better friend. We enjoy talking about old times, but we talk about the future too." Ashley went on to say, "This program is good for the mind. I lost my wife and that was really hard. [This program and Peter's visits] give me something to look forward to."

When I asked Ashley and Peter if they had a favorite outing together, they both agreed that a fishing trip to Mott's Run just before the pandemic was their favorite. Ashley explained, "We didn't really catch anything, but it was nice to be out in the fresh air fishing. I have always enjoyed fishing."

Peter said, "We are hoping to return to outings soon. Maybe we can go on another fishing trip. My favorite thing about our visits is the conversation. One of our favorite topics is 'it was better in the old days.' Really, we are just two old guys sitting around telling stories."



## March/April Birthdays

BARRY G.	3/2	LUCY M.	3/24	LISA H.	4/13
JUANITA C.	3/4	RICHARD J.	3/31	MONA F.	4/18
COY R.	3/6	VIRGINIA H.	4/2	NANCY B.	4/23
MARY T.	3/13	HATTIE B.	4/3	SUSAN M.	4/23
DAVID M.	3/17	CARL F.	4/3	BETH M.	4/25
DONALD B.	3/23	VERNON B.	4/9	ASHLEY W.	4/27



## PROSPER TAX SERVICES

by Rappahannock United Way

**TAX PREP FOR FREE!**

*if your household income was \$80,000 or less in 2022.*



### FREE TAX SERVICES: JANUARY 23-APRIL 15, 2023

If your household income was \$80,000 or less in 2022, Rappahannock United Way can help you file your taxes for FREE.



### DON'T FORGET TO BRING:

- **Income Forms** W2s, 1099s (-INT, -DIV, -NEC, -R, -MISC, etc.), plus a list of expenses if self-employed
- **Unemployment Forms** 1099-G, if applicable
- **Childcare or Dependent Care Information** such as providers name, address, tax ID number, and amount paid in 2022, if applicable
- **Photo ID** for any and all person(s) filing
- **Original Social Security Card** for each person filing and all dependents (original documents, no copies)
- **Other Tax Related Documents** such as interest statements, loan documents, retirement statements, list of charitable contribution deductions, etc.
- **Household Health Insurance Coverage Information** 1095-A if applicable (must report coverage on 2022 taxes if you or a family member were enrolled in the Health Insurance Marketplace, otherwise reporting health insurance coverage on 2022 tax returns is not required.)
- **Direct Deposit Information** to receive your tax refund via Direct Deposit (blank check or Bank name, Account Type - Checking or Savings, Routing Number, and Account Number). *In the event that you owe the IRS, Direct Debit is also available via this method or you can mail payment to the IRS. Any payment arrangements need to be made with the IRS directly on their website.*
- **Married Filing Jointly?** Both parties must be present to sign the return prior to filing



### TAX SITE TIMES & LOCATIONS:

**FIRST COME, FIRST SERVE - NO APPOINTMENTS REQUIRED!**

#### MONDAYS • 3:00PM-7:00PM

Howell Library

#### TUESDAYS • 3:00PM-7:00PM

Downtown Fredericksburg Library

#### WEDNESDAYS • 3:00PM-7:00PM

Porter Library

#### THURSDAYS • 3:00PM-7:00PM

Salem Church Library  
(every other week beginning 1/26/23)

Smoot Library  
(every other week beginning 2/2/23)

#### FRIDAYS • 1:00PM-5:00PM and SATURDAYS • 9:00AM-1:00PM

Rappahannock United Way

For more information please visit [WWW.RUWFREETAXES.ORG](http://WWW.RUWFREETAXES.ORG)

Please contact Rappahannock United Way directly to request special accommodations.

**PHONE:** (540) 373-0041 Ext. 319 **EMAIL:** [taxhelp@rappahannockunitedway.org](mailto:taxhelp@rappahannockunitedway.org)

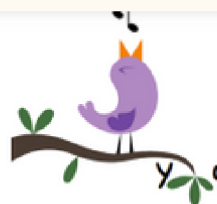
**If you or a loved one are a victim of abuse or suspect abuse, please ask for help!**

Call your local law enforcement, adult protective services, or long-term care ombudsman.

**Social Services telephone numbers:**

Caroline (804) 633-5071  
King George  
(540) 775-7181  
Fredericksburg  
(540) 372-1032  
Spotsylvania  
(540) 507-7898  
Stafford (540) 658-8720





## Spring Words Word Search Puzzle



y d d l b d a g n f g n s i o f  
 u d t n m r y r h l b r f v j l  
 l p a j i a i e h s n e a m k o  
 b a i f f x y e f u n y g s q w  
 u z d c f u a n y s z n r r s e  
 g o s y n o l b l o s s o m a r  
 s r s o b i d e n y i i w v c s  
 s o x h r u c i n y m n t l d x  
 x b z p o p g i l p q a h c t b  
 q i a a u w a n e b q e r c h s  
 z n r t n r e n j u o i p c a r  
 b e e s q d u r n d i i k z h i  
 n t x c r j v z s s l g m u d r  
 n m j a v a x v c u x u j a o i  
 n n g j b s f m t m d u d b y s  
 o w h b u l b s c r o c u s h y

FIND THESE  
SPRING WORDS:

DAFFODIL  
 GARDEN  
 BLOSSOM  
 BEES  
 JUNE  
 MARCH  
 SHOWERS  
 GROWTH  
 APRIL  
 BULBS  
 BUDS  
 LADYBUG  
 CROCUS  
 IRIS  
 RAINY  
 MUD  
 BUGS  
 TULIP  
 PICNIC

SODUKU SOLUTION FROM THE  
JAN/FEB NEWSLETTER.

A NEW SODUKU WILL BE  
PRINTED IN THE NEXT  
NEWSLETTER!



6	1	4	9	5	8	7	2	3
7	8	3	1	2	6	5	4	9
2	9	5	7	4	3	1	8	6
3	6	1	2	9	4	8	7	5
8	2	7	5	6	1	3	9	4
4	5	9	3	8	7	2	6	1
5	7	6	4	1	2	9	3	8
1	4	2	8	3	9	6	5	7
9	3	8	6	7	5	4	1	2

# Senior Spotlight

MENTAL HEALTH AMERICA OF FREDERICKSBURG  
SENIOR VISITORS PROGRAM  
618 KENMORE AVENUE SUITE 2A  
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