

Monthly Magazine for Age 50 and Better

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# Red Bird Times

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'A LIFE WELL-SPENT' - SENIOR LEGAL PLANNING

by Robert W. Haley, Attorney

THE ESTATE & ELDER LAW CENTER

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Please email comments, suggestions or questions to rhaley@vaelderlaw.com

## Don't Neglect to Protect Your Digital Assets! How Would Your Accounts and Assets be Accessed After You Pass?

In the news, cryptocurrency Billionaire Matthew Mellon best known for his investments in the cryptocurrency Ripple (XRP), passed away recently leaving up to 500 million dollars in digital assets that may now simply be lost forever! Everyone regardless of age or wealth-level can fall victim to the trap of not properly planning ahead in ways you might not anticipate.

Matthew Mellon is a high profile example of a modern issue! Today, the average person in the U.S. has more than 130 digital and traditional accounts, and 93% of Americans do not know how these accounts will be managed. Digital assets include any online account that requires a login and a password, or key in some cases, such as email, online bill-pay, debits, shopping sites like Amazon, PayPal, eBay, and travel rewards as well as Bitcoin and other cryptocurrencies, apps, subscriptions, podcasts, photographs and music libraries, and social media sites. Even health records are increasingly archived online.

Digital assets also include all your hardware or devices such as computers, laptops, smart phones, tablets, e-readers and memory devices. Many computers automatically back-

up data storage on the cloud, which may contain intellectual and sentimental property. Consider how emails have taken the place of letters and that many families archive memories, photographs, and more online. These accounts hold real value, and should be preserved! At best, failure to provide clear directives for all accounts can leave your estate vulnerable to fraud, your heirs subject to costly legal action, or other roadblocks in administering your estate.

To address this growing concern, it is best to seek out a Certified Elder Law Attorney who offers their clients access to the most current technological solutions to all of their estate planning needs! The right firm can orchestrate simplifying the organization of digital assets and their directives. Thus, account holder's final instructions are clear and express. It is key to make sure that estate planning and administration in regards to digital assets are facilitated and in compliance with, Terms of Service in all cases as well as with federal and state legislation. The right elder law firm can direct and help you and your family create a list of digital accounts and assign directions for how you want those accounts handled.

As always, if you have a question or issue that you think might be a good topic for this column, let me know! Email me at rhaley@vaelderlaw.com or send to me via snail-mail to this address:

**The Estate & Elder Law Center of Southside Virginia, PLLC**  
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## Red Bird Times

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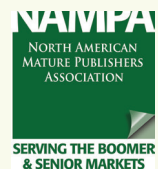
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Wills  
Powers Of Attorney  
Living Wills  
Guardianships  
Asset Protection  
Medicaid Planning  
Estate Administration

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In too many instances, the costs of long-term care quickly wipes out a lifetime of savings. You need Robert W. Haley, Certified Elder Law Attorney with **The Estate & Elder Law Center of Southside Virginia** working with you and your family to plan and implement a strategy to cut through the red tape and maximize asset protection!

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**Moments  
in time**  
THE HISTORY CHANNEL

\* On Aug. 10, 1793, after more than two centuries as a royal palace, the Louvre is opened as a public museum in Paris by the French revolutionary government. Today the Louvre's collection is one of the richest in the world, with artwork and artifacts representative of 11,000 years of human civilization and culture.

\* On Aug. 6, 1862, the C.S.S. Arkansas, the most feared Confederate ironclad on the Mississippi River, is blown up by her crew after suffering mechanical problems during a battle with the U.S.S. Essex near Baton Rouge, Louisiana. The ship was 165 feet long and 35 feet wide.

\* On Aug. 9, 1936, at the 1936 Berlin Olympics, black American track star Jesse Owens wins his fourth gold medal of the Games in the 4x100-meter relay. His team's world record of 39.8 seconds stood for 20 years.

\* On Aug. 7, 1947, Kon-Tiki, a balsa wood raft captained by Norwegian anthropologist Thor Heyerdahl, completes a 4,300-mile, 101-day journey from Peru to an archipelago near Tahiti. Heyerdahl wanted to prove his theory that prehistoric South Americans could have colonized Polynesia by drifting on ocean currents.

\* On Aug. 12, 1953, less than one year after the United States tested its first hydrogen bomb, the Soviet Union detonates a 400-kiloton device in Kazakhstan. The explosive power was 30 times that of the U.S. atomic bomb dropped on Hiroshima.

\* On Aug. 8, 1968, at the Republican National Convention in Miami, Richard Nixon and Spiro Agnew are chosen as the presidential and vice-presidential nominees for the upcoming election. In 1974 on this day, Nixon would announce his resignation as president.

\* On Aug. 11, 1973, "American Graffiti," a nostalgic coming-of-age tale set in the car-centric culture of suburban California, is released in theaters across the U.S. The movie went on to become a sleeper hit.

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# Coloring for Relaxation





# How Medicare Covers Diabetes

Dear Savvy Senior,

*How well does Medicare cover diabetes? I'm 66 years old and was recently told by my doctor that I have pre-diabetes. If it progresses to full-fledged diabetes what can I expect from Medicare.*

*Recently Retired*

Dear Recently,

Medicare actually provides a wide range of coverage to help beneficiaries who have diabetes, as well as those who are at risk of getting it – but they don't cover everything. Here's a breakdown of what Medicare covers when it comes to diabetes services and supplies along with some other tips that can help you save.

**Screenings:** If you have pre-diabetes or some other health conditions that put you at risk of getting diabetes – such as high blood pressure, high cholesterol and triglycerides, are overweight, or have a family history of diabetes – Medicare Part B (medical insurance) will pay 100 percent of the cost of up to two diabetes screenings every year.

**Doctor's services:** If you're a Medicare beneficiary, Medicare will pay 80 percent of the cost of all doctor's office visits that are related to diabetes. You are responsible for paying the remaining 20 percent after you've met this year's \$183 (for 2018) Part B deductible.

**Prevention program:** Just launched in April, the Medicare Diabetes Prevention Program provides lifestyle change programs offered by health professionals to help you prevent

diabetes. This is available for free to all Part B beneficiaries who have pre-diabetes.

**Self-management:** If you have diabetes, Medicare covers 80 percent of the cost of self-management training to teach you how to successfully manage your diabetes.

**Supplies and medications:** Medicare Part B covers 80 percent of the cost of glucose monitors, test strips (100 per month if you use insulin, or 33 per month if you don't), lancets, external insulin pumps and insulin (if you use a pump), after you've met your deductible.

If, however, you inject insulin with a syringe, Medicare's Part D prescription drug benefit will help pay your insulin costs and the supplies needed to inject it – if you have a plan. Part D plans also cover most other diabetic medications too. You'll need to check your plan for coverage details.

**Nutrition therapy:** Medicare will pick up the entire tab for medical nutrition therapy, which teaches you how to adjust your diet so you can better manage your condition. You'll need a doctor's referral to get this service.

**Foot care:** Since foot problems are common among diabetics, Medicare covers 80 percent of foot exams every six months for diabetics with diabetes-related nerve damage. They will also help pay for therapeutic shoes or inserts as long as your podiatrist prescribes them.

**Eye exams:** Because diabetes increases the risks of getting glaucoma and diabetic retinopathy, 80 percent of dilated medical eye exams are covered each year, but eye refractions for glasses are not.

For more information, see "Medicare's Coverage of Diabetes Supplies & Services" online booklet at [Medicare.gov/Pubs/pdf/11022-Medicare-Diabetes-Coverage.pdf](http://Medicare.gov/Pubs/pdf/11022-Medicare-Diabetes-Coverage.pdf).

## Other Insurance

If you have a Medicare supplemental (Medigap) policy, it may pay some of the costs that Medicare doesn't cover. Call your plan's benefits administrator for more information.

Or, if you're in a Medicare Advantage plan (like an HMO or PPO), your plan must give you at least the same diabetes coverage as original Medicare does, but it may have different rules. You'll need to check your policy for details.

## Financial Assistance

If your income is low, and you can't afford your Medicare out-of-pocket costs, you may be able to get help through Medicare Savings Programs. To find out if you qualify or to apply, contact your state Medicaid program.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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## CLUES ACROSS

- One-time money in Spain
- "Got \_\_\_ of one"
- Set a framework for
- Cover with drops of water
- One who does something for a living
- Germanium
- An enclosure for confining livestock
- Locks a door
- Buddy
- Supplement with difficulty
- Not moving
- Islamic unit of weight
- Warmers
- Hindu queen
- Border river near Bosnia and Herzegovina
- Analyzed
- Caps
- Pastime
- Contrary belief
- Walking devices
- Accustom to something unpleasant
- Singing methods
- Shouts of farewell
- Hand (Spanish)
- Small constellation
- Cardinals are this
- Gives a hoot
- Chatter incessantly
- Thallium
- Making very hot
- Hours (Spanish)
- Remove completely
- Eyeglasses
- Rubbed clean

## CLUES DOWN

- Blues Traveler frontman
- Found it!
- Killed
- A helper to Santa
- Male fashion accessory
- Autonomic nervous system
- US Attorney General
- Greek sophist
- The world of the dead (Norse myth.)
- Excessive and dangerous dose
- One who receives a legacy
- Brooded
- Hindu warrior king
- Used to anoint
- One point east (clockwise) of due north
- Connecting part of the brain stem
- Most uncommon
- Do-nothings
- Emerge
- Neat
- Herb of tropical Asia
- Reviews poorly
- Waterproof overshoes
- Fireplace floors
- Surround
- Regretted
- One who whips
- Ticket price
- Calming
- Citrus fruit
- Drooped
- An explorer's necessity
- Speak profanely
- Pouch
- A type of date (abbr.)
- Away from
- Large beer
- Once more

# Dementia Tour

By: LISA GREER

I was invited to participate in a Dementia Tour at Bright Leaf Place in Danville, Virginia. I knew the word Dementia, my association was that my grandfather had had it. Any other reference of dementia is from other people's experience with a relative.

I arrived at Bright Leaf Place, was greeted warmly and was escorted to the room of where my tour would happen. Of course first I had to sign the paperwork, in which one sheet of paper distressed me more than the others. The waiver. As I read it, I asked my escort, "Should I be worried about this experience?" She was sweet and said you do as you feel, but you will be ok. I signed it with much anxiety, but I could not back down now.

In preparation, there were spiked insoles to be put in my shoe. To much concern, my escort said, "Another person without socks." The padding would have helped, but may have taken away from the purpose. My hands were slipped into plastic gloves and then thermal like heavy gloves. I was given a pair of glasses that had marks over the eyes. I was told I would get instructions of what to do and I was not to remove any item from my person until told, nor able to ask any questions.

I walked into the room and a pair of headphones were placed on my head. They were playing noise like scrambled radio signals. A small strobe light was flashing. Then came the



instructions, but I couldn't hear a thing! What was I supposed to do? So I tried to walk around, touched a few countertops, and then a phone rang loudly in the earphones. Where was the phone? So I did the only thing I found I could do, fold clothes. On the bed, there was a pile of clothes. Then I just sat on the edge of the bed. The only thought I had was "Now I know why grandpa would sit on the bed, look confused and not do anything grandma had said. How bad had his been?"

After it was over, I looked around the room. So many things in so many places, medication, food, and more. With the gloves on, I would have had issues with trying to do anything with any of it. The spikes on the insoles were painful. Afterwards, I spoke with a friend that had been through the same and she said all she did was stand completely still because she felt so helpless.

I left going home and thought so many things, but I wanted to cry most of all.

## BASICS OF ALZHEIMER'S DISEASE AND DEMENTIA

What Is Dementia?

Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person's daily life and activities. These functions include memory, language skills, visual perception, problem solving, self-management, and the ability to focus and pay attention. Some people with dementia cannot control their emotions, and their personalities may change. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of living.

Signs and symptoms of dementia result when once-healthy neurons (nerve cells) in the brain stop working, lose connections with other brain cells, and die. While everyone loses some neurons as they age, people with dementia experience far greater loss.

While dementia is more common as people grow older (up to half of all people age 85 or older may have some form of dementia), it is not a normal part of aging. Many people live into their 90s and beyond without any signs of dementia. One type of dementia, frontotemporal disorders, is more common in middle-aged than older adults.

The causes of dementia can vary, depending on the types of brain changes that may be taking place. Alzheimer's disease is the most common cause of dementia in older adults. Other dementias include Lewy body dementia, frontotemporal disorders, and vascular dementia. It is common for people to have mixed dementia—a combination of two or more types of dementia. For example, some people have both Alzheimer's disease and vascular dementia.

*For More Information About Dementia*

NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center

1-800-438-4380 (toll-free)

[adear@nia.nih.gov](mailto:adear@nia.nih.gov)

[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

*The National Institute on Aging's ADEAR Center offers information and free print publications about Alzheimer's disease and related dementias for families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources.*





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E	T	H	N	S	P	E	T	A	M	I	L	C	C	A	S	A	W	M	S

Find the words hidden vertically, horizontally, diagonally, and backwards.

- ACCLIMATE
- ADVENTURE
- ALL-SEASON
- ANORAK
- BACKCOUNTRY
- BAFFLE
- BANNOCK
- BEARING
- BILLY CAN
- BIVOUC
- BLAZE
- CAIRN
- CAMPFIRE
- CANOPY
- CLIPS
- DENIER
- DUTCH OVEN
- EMBERS
- FOOTBOX
- FRAME
- GROUNDSHEET
- HOLLOWAY
- ITINERARY
- KINDLING
- LANTERN
- LOFT
- NOSEEUMS
- PARK
- PONCHO
- PURIFIER
- RUCKSACK
- SITE
- SLEEPING BAG
- S'MORES
- STAKES
- TENT



# Cultivating Strength of Spirit



*"Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"*

—2 Corinthians 12:7-9 NIV

How often do you find yourself praying to be relieved of your pains and infirmities? Perhaps it would be better to pray to have the strength, courage and patience to bear your infirmities. This prayer becomes increasingly important as we age, since our bodies eventually wear out. As the saying goes, "Old age is not for sissies," at least in part because the elderly almost invariably have their share of chronic aches and pains. As the writer Philip Roth remarked, "Old age isn't a battle, old age is a massacre." But it is also worth remembering that certain infirmities actually contribute to our character, making us better people by reining in certain untoward desires or tendencies. So how do we develop the necessary strength of spirit to bear our pains and infirmities? One way is to get in the habit of doing small things every day which are difficult, painful, or just plain boring. This practice will help you to develop fortitude and strength of spirit for the more difficult and painful episodes, which are bound to come. And remember that in your suffering, you are in some ways sharing in the suffering of our Lord, who suffered greatly in his time here on earth.

— Christopher Simon

## What's Cookin'?



### Watermelon Caprese Salad with Arugula

- 4 cups chopped watermelon
- 1 English cucumber, chopped (2 cups)
- 1 large tomato, chopped (2 cups)
- 2 oz. arugula, (4 cups)
- 1/2 cup fresh mint and/or basil, chopped
- 8 oz. marinated mozzarella balls, halved
- 2 Tbsp. extra virgin olive oil, (you can use the oil from the marinated mozzarella)
- 2 Tbsp. balsamic vinegar

In a large serving bowl, combine all of the ingredients. Season with freshly ground pepper and a little coarse salt. Toss, and serve immediately or refrigerate for up to 3 hours.

Do Ahead or Delegate: Chop the watermelon, cucumber and tomato, halve the mozzarella balls and refrigerate, or fully prepare and refrigerate the salad.

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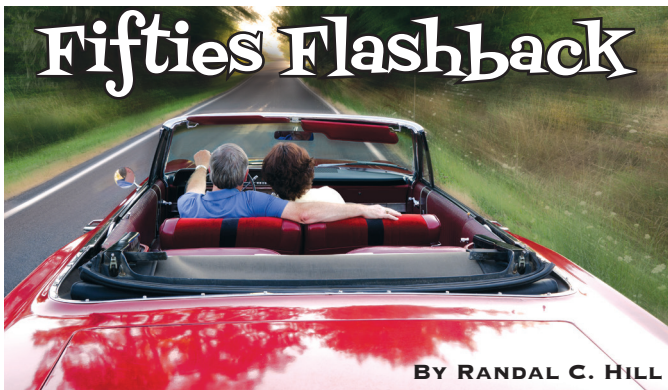
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- ROY NORTON JR.



Tickets can be purchased at [DanvilleHarvestJubilee.org](http://DanvilleHarvestJubilee.org), at the Danville Welcome Center or by calling (434) 793.4636. All tickets cost \$5 more day of the show. Shows are rain or shine. Lawn chairs permitted on the lawn area only. No outside food or beverages.



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## Afternoon Delight

August 2018

At 3:00 p.m. on Monday, August 5, 1957, a red camera light winked on in Philadelphia's cramped WFIL-TV studio. Amid the background strains of a hopelessly square instrumental theme—Les Elgart's "Bandstand Boogie"—came the introduction: "Hi, I'm Dick Clark. Welcome to American Bandstand." Those eight words, spoken by the 26-year-old host in a voice like warm honey, launched history's most successful national daytime show.

In 1952, Philadelphia radio DJ Bob Horn had started a popular local WFIL-TV afternoon dance show called Bandstand. Following some DUIs and a morals charge (never proven) involving an underage girl, Horn was sacked in 1956. Clark took over, made Bandstand an even bigger Philadelphia show, and one year later took the program nationwide.

A Syracuse University business graduate who was GQ-perfect in appearance, Clark proved at ease with the TV camera and presided over his show like a kindly principal overseeing a school dance.

His 90-minute daily American Bandstand featured clean-cut teenagers dancing to records and, between the discs, Clark schmoozing with the (basically all-white) audience. A strict dress code dictated that the boys wore jackets and ties, the girls skirts and blouses or dresses. Onscreen hormones abounded in a G-rated sense; kids often flirted, hooked up, broke up and got back together—all before a national audience. Some couples—Justine Carelli and Bob Clayton come to mind here—even became fleetingly famous.

The show offered well-controlled fun. On the Rate-A-Record segment, audience members evaluated the latest singles. A dreamy "Spotlight Dance" slowed the often frantic action on the floor. A Top 10 Countdown listed the best-selling 45s of the day. Record-

ing stars who visited usually signed autographs after their lip-synched performances. Most major rockers of the 1950s longed for a coveted spot on Bandstand—with two exceptions: Elvis Presley and Ricky Nelson. Neither needed the TV exposure.

American Bandstand featured a soundtrack of mainstream pop and rock songs—no "raunch 'n' roll" was allowed—that helped soften parents' objections to the "wild" music that their offspring were embracing.

Clark had many financial stakes in the records he spun, and with his clout launched the careers of numerous teen idols, often cute Italian-American boys recruited from the nearby South Philadelphia neighborhood and given new names for the stage. Francis Avallone emerged as Frankie Avalon. Fabiano Anthony Forte began life anew as Fabian. Robert Ridarelli won fame as Bobby Rydell. Ernie Evans—a part-time chicken plucker at a market—became American Bandstand's first black teen idol as Twist sensation Chubby Checker.

Watched by 20 million teenagers and adults, the show emerged at a time of monumental change in culture and musical tastes, with Clark being a major part of that tectonic shift. As one of the most significant forces in early rock 'n' roll, American Bandstand caught on with warp speed. Decades later, Clark told music mogul Joe Smith, "It took all of twenty minutes after we went off the air that first day for us to know we had a monster on our hands."

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**THE STUFF FRIENDS ARE MADE OF**

Man has no greater love than to return a winning lottery ticket given to him by mistake, says the Association of Mature American Citizens [AMAC]. A man in Maryland purchased a \$5 scratch-off lottery ticket, misread it and gave it to his pal to enter into the state’s second chance My Lottery Rewards contest. The friend gave the ticket a second look and saw that it was, in fact, a top prizewinner worth \$50,000. So, he did what any self-respecting friend would do; he gave it back to his pal.

###

**AN EARLY CHRISTMAS FOR NEEDY KIDS**

Sadly, Toys “R” Us is no more. The iconic toy store chain shut down all of its stores, nationwide, on Friday, June 29th but not before one of its stores in Raleigh, NC made its last big sale. According to the Association of Mature American Citizens [AMAC], a last minute shopper showed up at the eleventh hour, as they say, and bought up a million dollars worth of toys. He didn’t want his identity to be revealed because the anonymous customer turned out to be a regular Santa Clause who distributed his haul to needy children.

###

**SHE’S NOT HEAVY; SHE’S MY WIFE**

As many of you probably already know, the 23rd World Wife-Carrying Championships were held recently in Sonkajarvi, Finland. And, according to the Association of Mature American Citizens [AMAC], 53 brawny hubbies from 13 countries, including the United States, shouldered their responsibilities and carried their wives for an hour-long trek over a treacherous course. The crowds cheered as Vytautas Kiorkliauskas of Lithuania carried his wife Neringa piggyback over the finish line in first place.

###

**FLORIDA COP ENGAGES IN SLOW SPEED CHASE**

Deputy Bryan Bowman spotted a slow mover on the road – a very slow mover. In fact, says the Association of Mature American Citizens [AMAC], it was a tortoise. Bowman tried to coax the miscreant off the road, but the testy turtle snapped at him. So the cop got back into his patrol car, turned on the flashing lights atop his vehicle and followed the critter for 20 minutes until the tortoise veered off into the woods. Bowman caught the whole thing on video, which the Marion County Florida Sheriff’s office posted on Facebook. On the video, the deputy is heard saying: “The nerve of this guy. He’s literally going one mile per hour in a 30 mile per hour zone.”

###

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Danville Public Library, Danville, VA

6:30pm Until 8:30pm August 28th  
340 Whitehead St, Chatham, VA 24531

**COSTLY JOY RIDE**

It was his dream come true when a Virginia man, whose identity police have not revealed, picked up his brand new McLaren 720S. According to the Association of Mature American Citizens [AMAC], the manufacturer says the \$300,000 sports car “embodies our relentless quest to push the limits of possibility.” But the next day the proud new owner of a genuine supercar pushed its speed limits and his dream turned into a nightmare. He wrapped the costly car around a tree and totaled it. His injuries were not life-threatening, but his ego must have suffered, particularly when the Fairfax County, VA Police Department posted a picture of the wreckage and this message on Facebook: “Purchased Friday. Totaled Saturday.”

###

**NAPPING FOR DOLLARS**

If you are 18 years of age or older and enjoy taking cozy, comfortable naps, this paid internship is for you. The Association of Mature American Citizens [AMAC] reports that Mattress Firm is taking applications for what it calls a “Snoozetern.” The company says that their new “in-house bed tester” must be proficient in napping and will be sleeping on the job for a period of three months.

###

# SENIOR NEWS LINE

by Matilda Charles

## Clearing Out House

For most of us, the time eventually comes to move out of our homes into a smaller, more manageable place. Some of us have a whole house of belongings to consider. Some of us have not only our stuff, but much that belonged to our parents because we didn't deal with their belongings — we simply moved it all into our house.

Here are some ideas to get you started:

- Even if you're not ready to move, clearing out the extras and organizing the rest will make it easier when the time does come.

- If you have antiques, get an appraiser to come in and give you an estimate of their value.

- Ask for references to professional organizers. Check sites online, such as [www.movingforseniors.com](http://www.movingforseniors.com) and [www.nasmm.org](http://www.nasmm.org), which is National Association of Senior Move Managers. Put in your ZIP code to see who's in your area.

- Consider selling your things online, with help. Check out [www.ebth.com](http://www.ebth.com) (aka Everything But the House) and read the How It Works section. They do nearly everything required to get your belongings sold, putting cash in your pocket.

- Ask your children, if you have any, which of your belongings they'd like to have. Be prepared for them to decline your offer. So many in the younger generations are themselves living in very small spaces, with no room for extra belongings.

- Whether you're preparing to move, or you're a child who has been tasked with closing down the house, check this book on Amazon.com: "Downsizing the Family Home: What to Save, What to Let Go," by columnist Marni Jameson. Read the lengthy introduction in the See Inside link.

By paring down your belongings now, you'll be a step ahead should you ever need to move in a hurry. It's not too early to start.

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AT AGE 12 SUCCESS IS HAVING FRIENDS.  
AT AGE 16 SUCCESS IS HAVING A DRIVERS LICENSE.  
AT AGE 20 SUCCESS IS HAVING SEX.  
AT AGE 35 SUCCESS IS HAVING MONEY.  
AT AGE 50 SUCCESS IS HAVING MONEY.  
AT AGE 60 SUCCESS IS HAVING SEX.  
AT AGE 70 SUCCESS IS HAVING A DRIVERS LICENSE.  
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AT AGE 80 SUCCESS IS NOT PEEING IN YOUR PANTS.

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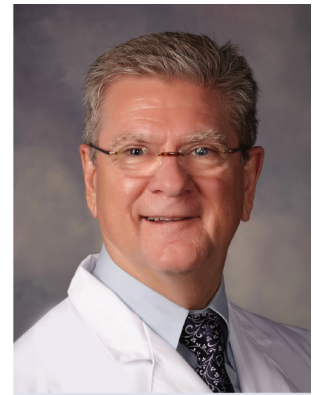
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## A Locavore Chef: Featuring local food producers

### Virgilina Acres

Lynn Spry owns Virgilina Acres farm and sells her produce at the South Boston Farmer's Market. Her featured item currently is tomatoes, and, boy, does she have some beauties! On a recent Saturday, I found Lynn with green tomatoes, ripe red ones and tiny multi-colored ones. She'll have them available for the rest of the summer.

I love that we have so many ways to enjoy tomatoes besides sandwiches this time of year. Don't get me wrong. I love a tomato sandwich with Dukes, but there are so many ways to have tomatoes at your table. My husband's absolute favorite is marinated tomatoes. Here's the recipe:

### Marinated Tomatoes

Fresh ripe tomatoes of any kind, sliced  
 Fresh basil leaves  
 Bottled Italian dressing.

That's it. Pour the dressing over the tomatoes and basil leaves and allow it to marinate for at least 30 minutes, and there will be no leftovers.

### Fried Green tomatoes.

Green tomatoes, sliced 1/4 to 1/2 inch thick  
 Buttermilk  
 Egg (optional)  
 Cornmeal

Flour is optional. Just use less than half as much the amount of cornmeal  
 Salt and Pepper  
 Oil for frying

In one bowl, mix the buttermilk with the egg, if using. In a separate bowl, combine cornmeal, flour, salt and pepper. Add more to each mixture as needed.

Heat the oil in a frying pan until it shimmers and a bit of cornmeal sizzles when put in.

Coat sliced green tomatoes in the buttermilk mixture, then in the cornmeal mixture. Set it on a wire rack while you coat enough slices for one layer in the pan. You may need to recoat some slices. Carefully shake loose flour mixture from the slices before setting it into the hot oil. The oil will burn the cornmeal and add a burnt flavor to the slices. Be careful at this point not to splash the hot oil on yourself. As the slices brown on one side, turn them over and allow them to brown on the other. Remove to a paper towel lined plate or pan.

You can keep the slices warm while you fry more by placing the slices on a pan fitted with a wire rack and put in the oven at 180 degrees.

Serve with a buttermilk dressing like ranch or other favorite dressing.

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# Heartstrings

by: Elsee

Email any comments, suggestions or questions to [elsee53@gmail.com](mailto:elsee53@gmail.com)

## The Berry Perfect Berry

Here it is, time to write my monthly article for the Red Bird Times. Oh how the days just fly by so quickly. I hope everyone had a spectacular Fourth of July celebrating with family and friends. As for myself, I spent the day at one of my sister's homes, cooking out, watching my family members enjoy the refreshing pool and just enjoying each other's company. Lots of great conversations and laughter was shared by all.

Last month I mentioned that my favorite parts of summer were all varieties of fresh vegetables and fruit that only appear during these months. One of my all-time favorite fruit is the huge, red, juicy and delicious strawberry that can be found at this time of year. I love strawberries more than any other berry and I believe it is because of its versatility. I love hulling them and freezing many to be used later on when they are not in season, but I also love putting them in baked goods and in salads. What an added treat!! But when I think about strawberry season, my mind immediately goes to my favorite dessert of all and that is "Strawberry Shortcake". At our Fourth of July celebration, we fixed a "mess" of strawberry shortcakes for those in attendance and even during my recent visit to Danville, we had them as a cool, refreshing dessert a time or two. So why this love for strawberries/shortcake you may be wondering? I'd like to take a moment and elaborate on my fascination with this delectable dessert.

I believe it has to do with the assembly of this dessert. The construction of the "perfect" strawberry shortcake is an ART! At least to me it is. I don't know how many of you have ever focused on the assembly of this

dessert, but I would love to share with you my version of this process. On one certain summer evening a few years back, as I began thinking about all the ingredients that I had placed on my counter in preparation of this undertaking, it suddenly occurred to me that this mouthwatering dessert is built in **LAYERS**. These layers once carefully arranged will all tie together flawlessly to form the most beautiful, succulent and aromatic treat. As I began to think about each layer of goodness, it "hit" me that from a symbolic point of view, that each layer can represent our own personal lives, in that each of us is constructed from many layers and these layers all fit nicely in the same way that a shortcake does. It's like each of our layers have helped shape and form us into the person we are today. Here's what I am trying to convey. As I very methodically began to assemble my dessert that evening, I first began by putting a thin slice of Angel food cake; which would be the base or foundation. When I placed this Angel food cake onto my plate, I thought about how each slice was indeed the foundation that would hold up all the other layers. I thought about how this layer was symbolic of all the people that God has put into our lives. Be they family or friends, they have been there as part of our foundation each time they listened to us as we shared an experience. They are the foundation that give us sound advice to keep us going on the right track, or perhaps it may have been a simple smile or a warm hug that we needed when our world was caving in on us. They are the "Angels" that got us through the tough times and shared in our joyous moments as well. The next layer consists of carefully placed strawberries atop the cake foundation. When I thought about those strawberries, I thought of how unique each individual strawberry is. Some are small while

others are much larger. Some are sweet and juicy while others may be a bit on the tart side and may have needed a bit of sugar to bring out the sweetness. For me, these berries symbolized all the experiences that we have had during our lifetime. Some of those experiences have been sweet as others may have left some bitterness. Each strawberry could also represent the memories that were left behind because of these experiences. Like our experiences, some of our memories we hold have left us savoring the sweetness of the outcome while others may have left us with bitter memories. Nonetheless these experiences and memories have also contributed to molding us into who we are today.

Last of all, came the whipped cream. This last ingredient is what bound this dessert all together and was the finishing touch that was needed for completion. Just thinking about the symbolism behind the whipped cream makes my mouth water. We all know that whipped cream is light, smooth, delicious, creamy and rich in flavor and texture. Therefore, to me it symbolized the inner peace that is within us all. This inner peace helps to lighten the load of any burdens that are bogging us down. Its creaminess and smoothness represent the way we feel when we rid ourselves of any guilt or anger that has kept us from savoring the goodness that surrounds our lives. Finally, the richness of this cream may symbolize the gratitude and appreciation we feel when we realize and cherish all the blessings that each of us has in our lives. It is because of this richness that we form a sense of contentment and are truly satisfied with everything and everyone who shares in our daily existence. If we think about all the layers that have gone into this delicious strawberry shortcake, I believe that we might say that our lives are pretty darn delicious too. So until next month continue to enjoy the summer and be aware of the goodness, sweetness, richness, contentment and inner peace that consume us daily. Oh yes and by all means enjoy a strawberry shortcake sometime soon!!!

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## PUZZLE ANSWERS:

### Even Exchange answers

1. Elmer, Elder
2. Cruise, Bruise
3. Daily, Dairy
4. Marlin, Merlin
5. Patch, Pitch
6. Grime, Gripe
7. Remain, Retain
8. Medal, Metal
9. Pistol, Piston
10. Award, Aware

P	E	S	E	T	A	S			A	H	O	L	D					
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T	L						S	U	P	E	R	H	E	A	T	I	N	G
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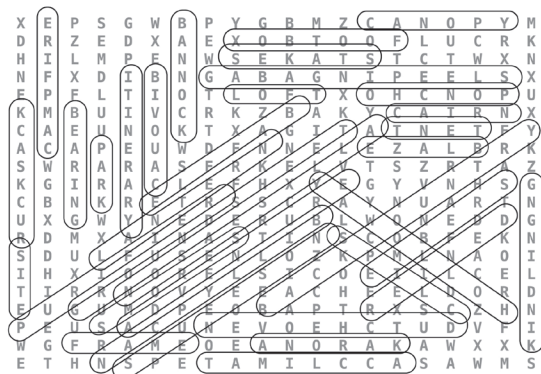
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# What folks are doing...

## HOLIDAY VILLAGE, DANVILLE



On July 11th at New College Institute in Martinsville, Virginia, speaker Donna Allen from Southern Area Agency on Aging held an informative session on Senior Resources: Your One-Stop Shop.



Holiday Village would like to thank Kare Pharmacy and Compounding for sharing Pharmacist Lauren Shelmerdine for our wellness program entitled "Aging and Medication" on July 24 in our public room. After some very informative information there was an answer & question session followed by some delicious homemade cake by Carolyn Haymore and great fellowship.



Left to right Elise Smith, Mary Myrick, Ann Dooley, Virgie George, Nancy Hamlett, Faith Hawley, Shirley Moore, Lauren Shelmerdine, Clovis Shelton. 2nd Picture Left to right: Pansy Thornton, Jean McCullen, Carolyn Haymore, Peggy Blair, Bill Combs, Sue Simpkins, George Monroe, Lauren, Elizabeth Lapoint.

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