

Monthly Magazine for Age 50 and Better

SEPTEMBER 2018 VOL 4 ISSUE 3

www.redbirdtimes.com

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STAY ACTIVE!



'A LIFE WELL-SPENT' - SENIOR LEGAL PLANNING

by Robert W. Haley, Attorney

THE ESTATE & ELDER LAW CENTER

of Southside Virginia, PLLC

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

NOT A MYTH: Medicaid Can Recoup Benefits Paid Out From An Estate When Someone Passes!

Fewer things will send someone into a total panic faster than receiving a Medicaid Recovery letter in the mail. Imagine a family still grieving from the passing of a loved one getting a letter informing them that the government funds used for nursing home care for the deceased are owed and must now be paid back! In some cases, we are talking in upwards of hundreds of thousands of dollars here.

This very real concern arises from a long-standing but little-known aspect of Medicaid, the state-federal program that provides health coverage to millions of low-income and elderly Americans. In certain cases, a state has the right to recoup its medical costs by putting a claim on a deceased person's assets. Make no mistake, this includes the state of Virginia.

Under Medicaid law effective for all states, following the death of the Medicaid recipient a state can attempt to recover from his or her estate whatever long-term care benefits it paid out for that recipient's care. States also have the option of recovering all Medicaid benefits from individuals over age 55, including costs for any medical care, not just long-term care benefits. However, no recovery can take place until the death of the recipient's spouse, or as long as there is a child of the deceased who is under age 21 or who is blind or disabled.

While states must attempt to recover funds from the Medicaid recipient's probate estate, meaning property that is held in the beneficiary's name only, they have the option of seeking recovery against property in which the recipient had an interest but which passes outside of probate (this is called "expanded" estate recovery). This includes jointly held assets, assets in a living trust, or life estates. Given the rules for Medicaid eligibility, the only probate property of substantial value that a Medicaid recipient is likely to own at death is his or her home. However, states that have not opted to broaden their estate recovery to include non-probate

assets may not make a claim against the Medicaid recipient's home if it is not in his or her probate estate.

In addition to the right to recover from the estate of the Medicaid beneficiary, state Medicaid agencies must place a lien on real estate owned by a Medicaid beneficiary during his or her life unless certain dependent relatives are living in the property. The state cannot impose a lien if a spouse, a disabled or blind child, a child under age 21, or a sibling with an equity interest in the house is living there.

Once a lien is placed on the property, if the property is sold while the Medicaid beneficiary is living, not only will the beneficiary cease to be eligible for Medicaid due to the cash from the sale, but the beneficiary would have to satisfy the lien by paying back the state for its coverage of care to date. In some states, the lien may be removed upon the beneficiary's death. In other states, the state can collect on the lien after the Medicaid recipient dies. Consult with a Certified Elder Law Attorney® who specializes in Asset Protection in your state to see how your local agency handles this.

There are some circumstances under which the value of a house can be protected from Medicaid recovery. The state cannot recover if the Medicaid recipient and his or her spouse owned the home as tenants by the entireties or if the house is in the spouse's name and the Medicaid recipient relinquished his or her interest. If the house is in an irrevocable trust, the state cannot recover from it.

In addition, some children or relatives may be able to protect a nursing home resident's house if they qualify for an undue hardship waiver. For example, if a Medicaid recipient's daughter took care of him before he entered the nursing home and she has no other permanent residence, she may be able to avoid a claim against his house after he dies.

In certain situations, some options recommended in good conscience from attorneys who do not specialize, nor are actually certified in Elder Law to protect assets are in reality, short-term solutions that can be grossly inadequate to address larger long-term problems down the line. Consideration, care and the right approach for the specific situation are absolutely needed. Now more than ever, Asset Protection is key. As government health insurance coverage expands, the need for proper Asset Protection becomes even more important! The rules and regulations of Medicaid are quite complex, and no one should try to navigate the process without the right information and representation in their corner. If you or someone in your family have not started your planning already and are concerned about eventual nursing home care, it is crucial to consult with a Certified Elder Law Attorney® to figure out the best way to plan for the future.

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:

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Bluegrass by the River

If you know bluegrass, you know Bobby Hicks. That high, lonesome sound you get when playing two consecutive strings way up the neck of a fiddle – that’s all Bobby Hicks. From his early years playing with the godfather Bill Monroe and his Bluegrass Boys to second-generation bluegrass outfits of the 1970s like the seminal Bluegrass Album Band (a collaboration with, among others, Danville-native and guitar legend Tony Rice), Bobby has left his trademark sound all over the genre and has 10 Grammy awards sitting on his bookshelf to prove it.

If you’re curious to hear Bobby’s sound or are already a fan of top-tier bluegrass performances sourced right out of our neighboring Virginia and North Carolina counties, your opportunity is now. And it’ll only cost you \$10.

The First Annual Bluegrass by the River Festival will take place on Saturday, September 15, 2018 at 2 Witches Winery & Brewing Co. at 209 Trade St right here in Danville, Virginia. As stated above, tickets are \$10 in advance and \$15 day-of and can be purchased in person at Two Witches, Karen’s Hallmark and Vintages by the Dan or online at bluegrassbytheriver.com.

The festival will showcase live, professional bluegrass and Americana music sourced from the very place it all began – Southern Virginia. This year, Bobby Hicks is joined by renowned Swedish instrumentalist Jan Johansson for a set that is guaranteed to please. Though the recent IBMA Hall of Fame inductee might be this year’s main attraction, Hicks tops off a lineup of other incredible musicians who all take that high, lonesome sound and make it their own.

Well-known local performers Jay Shelton and Friends – consisting Ernie Power on dobro, Stuart Werner on banjo, Glenn Scaggs on bass and Jackie Cooper on mandolin – are no strangers to the ever-evolving bluegrass scene and its roots in their hometowns. With nearly a century’s worth of touring between them, the group rip through bluegrass staples and share harmony vocal duties throughout their entire set. An old friend of Bobby’s, Jay Shelton has been fronting bluegrass bands since he was underage and had to be snuck into venues. “I thought it was about time we had a festival of our own here in town and the first person I thought of was Bobby,” he says with a grin.

With roots in country, Americana and southern rock, Crawford & Power take traditional bluegrass instruments such as the dobro and give them new life. The duo consists of Jake Crawford on guitar and vocals and Ethan Power on dobro and lap steel. The young duo are heirs to that celebrated sound born of the Blue Ridge and aren’t to be missed.

Local patrons of the Bright Leaf Brew Fest should be pleasantly familiar with Franklin County’s The Harwell Grice Band. The traditional bluegrass outfit takes the moonshine their county is so famously known for and bottles it into fast-paced, blistering renditions of bluegrass favorites.

The lineup will also include the renowned, award-winning duo of Jeanette and Johnny Williams. There’s hardly room to list this stunning duo’s accolades – from IBMA awards to chart-topping bluegrass performances, Jeanette and Johnny have been getting it done for more than twenty years.

Proceeds for the festival will go to our Sheriff’s Office’s local chapter of

Purchase tickets at www.bluegrassbytheriver.com

@bluegrassbytheriver

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Proceeds go to local chapter of Project Lifesaver

Food available for purchase



Poogie’s Catering
serving fried chicken

LOCATION

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Purchase tickets at: **Sept. 15th**
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Project Lifesaver, a non-profit organization designed to protect and locate individuals with cognitive disorders who are prone to life-threatening behavior.

While on the phone for one of their now-more-frequent conversations, Jay Shelton asked his old friend what made him want to play this new festival in Danville and if he’s excited to be the year’s headliner. “Oh, heck, Jay,” he says, “Of course I am. All you had to do was ask.”

Coloring for Relaxation





Financial Aid for Family Caregivers

Dear Savvy Senior,

Do you know of any resources that help family caregivers monetarily? I have to miss a lot of work to take care of my elderly mother and it's financially stressing me.

Stretched Thin

Dear Stretched,

Caring for an elder parent can be challenging in many ways, but it can be especially difficult financially if you have to miss work or quit your job to provide care. Fortunately, there are a number of government programs, tax breaks, and other tips that may be able to help you monetarily while you care for your mother. Here are some options to explore.

State assistance: Most states have programs that help low-income seniors pay for in-home care services, including paying family members for care. These programs – which go by various names like “cash and counseling” or “consumer-directed” – vary greatly depending on where you live and, in some states, on whether your mom is on Medicaid. To find out what’s available in your state, contact your local Medicaid office.

Veterans benefits: Veterans who need assistance with daily living activities can enroll in the Veteran-Directed Care program. This program, available through VA Medical Centers in 40 states, as well as in Washington, D.C., and Puerto Rico, provides as much as \$2,000 a month, which can be used to pay family members for home care. Visit the “Home and Com-

munity Based Services” section at VA.gov/geriatrics for information.

Also available to wartime veterans and their surviving spouses is a benefit called Aid and Attendance, which helps pay for in-home care, as well as assisted living and nursing home care. This benefit can also be used to pay family caregivers. To be eligible your mother must need assistance with daily living activities like bathing, dressing or going to the bathroom. And, her annual income must be under \$14,133 as a surviving spouse or \$21,962 for a single veteran, after medical expenses. Her assets must also be less than \$80,000 excluding her home and car. To learn more, go to Vets.gov/pension.

Tax breaks: If you pay at least half of your mom’s yearly expenses, and her gross income is below \$4,050 (in 2017) not counting her Social Security or disability, you can claim her as a dependent on your taxes and get a \$500 tax credit. For more information, go to IRS.gov/help/ita and click on “Whom May I Claim as a Dependent?”

If you can’t claim her as a dependent, you may still be able to get a tax break if you’re paying more than half her living expenses including medical and long-term care costs, and they exceed 7.5 percent of your adjusted gross income. You can include your own medical expenses in calculating the total. See IRS publication 502, Medical and Dental Expenses (IRS.gov/pub/irs-pdf/p502.pdf) for details.

Long-term care insurance: If your mother has long-term care insurance, check whether it covers in-home care. Some policies permit family members to be paid, although they may exclude people who live in the same household.

Paid caregiver leave: A small but growing number of companies offer paid caregiving leave as a way to recruit and retain their workforce. Additionally, some states provide caregiver benefits or paid leave to take care of ailing family members. Check with your employer to see what, if any, benefits are available to you.

Family funds: If your mother has some savings or other assets, discuss the possibility of her paying you for the care you provide. If she agrees, consult with an elder law attorney about drafting a short-written contract that details the terms of the work and payment arrangements, so everyone involved knows what to expect.

You should also check

BenefitsCheckup.org, a free, confidential Web tool that can help you search for financial assistance programs that your mom or you may be eligible for.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.





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Rest Your Mind

I know you have been laying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

Well here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper' em. When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.

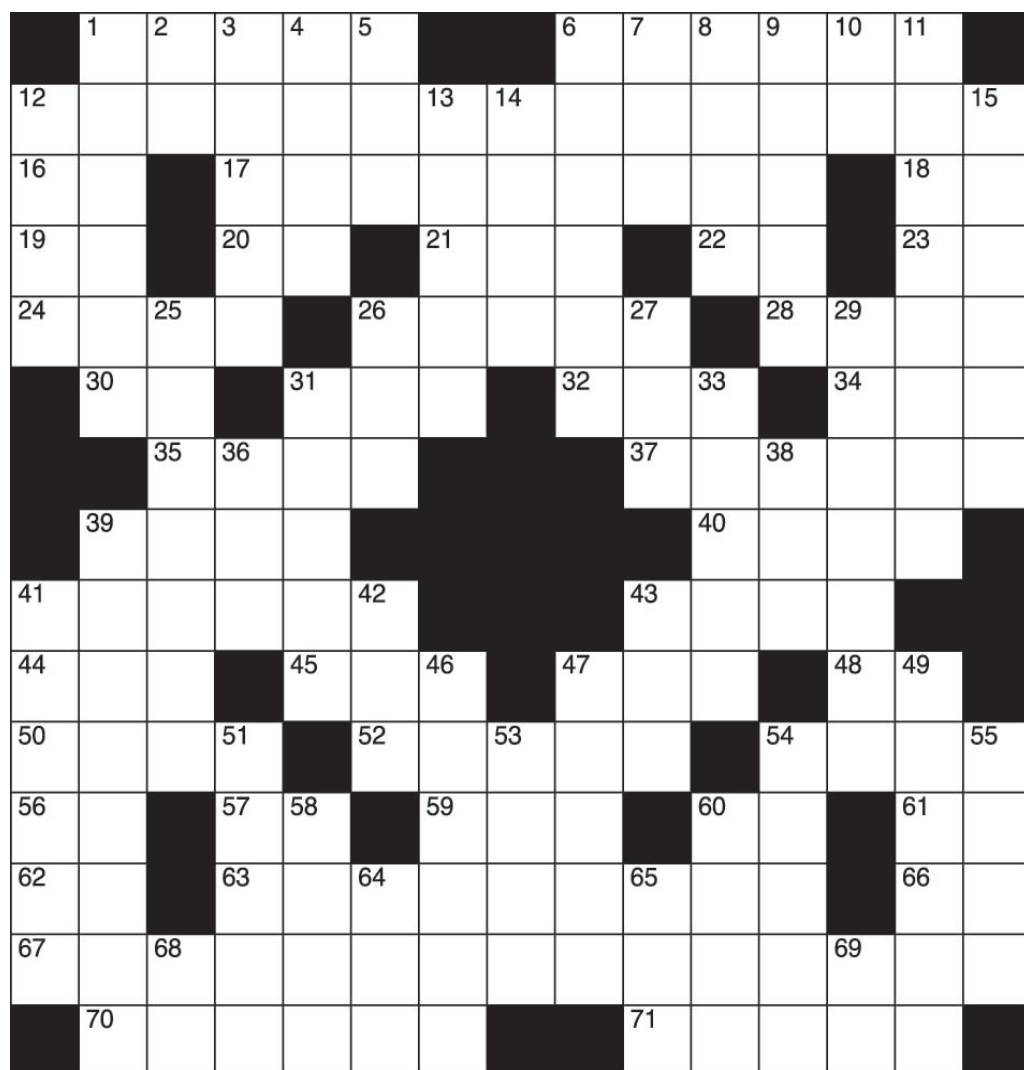


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Date	Time	Workshop Name	Location
September 17, 18, October 1, 2, 15, 16	Mondays, Tuesdays 10 am – 12 noon	"A Matter of Balance" – Falls Prevention	Martinsville Senior Center Martinsville, VA
September 20 – October 25	Thursdays 9:30 am – 12 noon	Chronic Disease Self-Management	New College Institute Martinsville, VA
September 21 – November 9	Fridays 10 am – 12 noon	"A Matter of Balance" – Falls Prevention	Collinsville YMCA Collinsville, VA
September 26- November 14	Wednesdays 10:00 am – 12 noon	"A Matter of Balance" – Falls Prevention	Essig Recreation Center Rocky Mount, VA
October 10- November 14	Wednesdays 10:00 am – 12:30 pm	Chronic Disease Self-Management	Essig Recreation Center Rocky Mount, VA
October 22 – December 17	Mondays 10 am – 12 noon	"A Matter of Balance" – Falls Prevention	HJDB Event Center (former J.D. Bassett High School) Bassett, VA
January 5 – February 23, 2019	Fridays 2:00 pm – 4:00 pm	"A Matter of Balance" – Falls Prevention	Holiday Village Danville, VA

*Pre-registration is required. Contact: Donna Allen, (276) 632-6442 or Toll Free: 1-800-468-4571.

CROSSWORD PUZZLE



CLUES ACROSS

1. Where to shop
6. A descendant of Shem
12. NBA big man "Boogie"
16. Integrated circuit
17. Voice
18. Larry and Curly's buddy
19. Beloved English princess
20. Used to emphasize
21. Sun worshippers want one
22. Atomic # 44 (abbr.)
23. Lincoln's state
24. Selects
26. Organs present in invertebrates
28. Self-immolation by fire
30. Trauma center
31. Automobile
32. Mustachioed actor Elliott
34. Something to do at auctions
35. British School
37. San Diego ballplayers

39. Drumming pattern
40. One-time Portuguese currency
41. Honor
43. Beaches have it
44. Folk singer DiFranco
45. Electronic data processing
47. Where wrestlers ply their trade
48. The Peach State
50. Boat post
52. Omitted from printed matter
54. Witnesses
56. Indicates position
57. Atomic # 18 (abbr.)
59. Obligated to repay
60. Lead prosecutor
61. Sun God
62. The Ocean State
63. Seek opportunity without scruples
66. Keeps you cool
67. Achievements
70. A beloved street
71. Analyze minutely

CLUES DOWN

1. Cooks need one
2. A mystic syllable
3. Male parents
4. Greek goddess of discord
5. U.S.-based church (abbr.)
6. Movies have lots of them
7. Greek goddess of the dawn
8. Influential naturalist
9. Ancient town
10. Atlanta-based rapper
11. Animositities
12. Pop singer
13. Speak
14. One who lives in northern Burma
15. Not liquids
25. A framework
26. Peter's last name
27. Plants have it
29. To shorten a book
31. French philosopher

33. Murdered in his bathtub
36. Greek letter
38. A hiding place
39. Crazed supporters
41. Winged nut
42. Doctor of Education
43. Unhappy
46. Popular celeb magazine
47. ___ and greets
49. Poke holes in
51. Beloved Mexican dish
53. Monetary unit of Angola
54. More wise
55. Pouches
58. Hindu's ideal man
60. Type of gazelle
64. Revolutions per minute
65. Energy unit
68. Cerium
69. Canadian peninsula

'mmm Good!

BY: LISA GREER

The wonderful smell of a bakery, especially since my first visit was on bread making day. I met Michael Kingston, who with his wife Gina Carter-Kingston own the Elree's Sweet Shoppe in Eden, North Carolina. Michael was speaking to customer about how much longer he would have to wait for the bread to finish. The customer spoke to me and asked if I had ever been in the shoppe before and I said I had not. He told me that he and his wife make the trip from Bassett, Virginia to Elree's once a week for the fresh bread. He even gave me a tip; to prepare for their bread, they take out a stick of butter at home and break it in half to soften. He said that makes it even better. He was right!

My next visit I was able to speak with Gina, Elree Carter's daughter, and ask some questions.

Q. Is the original bakery building that had been behind your mother Elree's house still there?

A. It is. It was my daddy's workshop and she ran him out, then they remodeled it into a bakery. They later moved to the Drapery section of Eden in 1972. Before the bakery in the late 60s, she would make so many cakes and various baked items for friends and families. She made cakes and items for her co-workers at Fieldcrest and it went so good that she opened the bakery and quit Fieldcrest. They were still her customers after she opened the bakery. I bought it in 1989 and moved to the current location at 323 E Meadowview Rd #B in the 1990's.

Q. Do you still have the "route" stores?

A. We serviced 65 stores that we called the "route" stores. We do very few stores. We couldn't find help that wanted to work, they just wanted a paycheck. So we eventually cut everything out but Eden. Michael and I did that for a couple of years, but we were working like 70-80 hours a week. It just got to be more than we could do with as we got older. We still do J-Marts stores, the Exxon on the next corner, and the All in the Family stores on 14 and Peoples on 14.

Q. I ate the fresh sourdough loaf of bread the other day. Do you make it every day?

A. The bread we only bake once a week. We made thirty loaves Wednesday evening and all sold on Thursday. Hot loaf of bread, sells out. A guy came in a while back and purchased a loaf of bread because his wife was cooking spaghetti for supper and that is what they liked to go with it. He left and went to the school. He had to sit in the line to pick up the kids and he set the bread on the dashboard of his truck. It smelled so good and he opened it up and took off a piece, another piece and sat there eating the whole loaf of bread. He comes flying back in here and said, "Please tell me you have more bread!" I said, "I do have a little bit why?" He sighed and said, "It smelled so good and tasted so good, I ate the whole loaf and if I didn't have bread for tonight I would be in so much trouble."



Q. Is there certain items that when you smell them being baked you remember them from your childhood?

A. I love the smell of toasted coconut on meringue on coconut cream pie. I like anything lemon. Now the oatmeal cookies, they are our own recipe. We've shipped them worldwide. We sell a ton. The Pound cake is my grandma's recipe. People don't know how to pronounce it, it is just a old fashioned Moravian pound cake. People come in and say, "I want one of them pound cakes I can't pronounce it." I have made twenty five this week and I made seven butter nut cakes too.

Q. Do you have a lot of cookbooks?

A. I do have a lot of cookbooks at home. I just buy them and look at them. If I see something I want to do. I try it, if I like it, good or if I don't oh well. I do have a diabetic recipe book that I tried, but it had no taste. I did a pound cake, but it was like rubber and thought I will not be selling that here.

Q. I heard that Michael used to dress up as Santa Claus and go to the route stores. Does he still dress up as Santa Claus?

A. He does, not a lot here at the shop. He goes to hospice, nursing homes and he does personal appointments. He enjoys doing it.

Q. How did you get started in raising birds?

A. A preacher friend of ours had birds and I just loved them. Michael gave me a cockatiel one year for our anniversary and it just started from there. Then we bought six pairs of finches. We have a big open pit fireplace at the house, we would close it off in the summer and he built me a cage to put them in there. I loved it. I bought another cockatiel to go with mine and they raised me babies. Then a friend of mine had a pair of parakeets that would not have babies and she asked if I would take them and try. Within two weeks she was laying eggs and they raised lots of babies. When the female parakeet died, I got another female, but the male Parakeet wouldn't have anything to do with her. He grieved himself to death and died two weeks after. I put pictures of them on my wall in here in the bakery and it just kinda grew. To the point that people would just come in and say, "I have a friend that has a bird, will you take it?" I would say yes. A lady had a macaw that she was going to have to put down if

no one could take it. I said, "I don't even have a cage to put a bird that size in." And she said, "Let me tell you about her." I said, "Bring her on." She was a scarlet macaw, but was small. She had been hand fed and aspirated her which messed up her digestion and vocal cords. She had only ate a very poor diet of pellets. The first time I gave her an apple, she just flipped out but loved it. We have large windows and she was so excited to watch out the windows at everything outside. We had her for five years when she passed. Then later, I had a blue front Amazon parrot that lived to be about sixty, we were her third owner. She was awesome and would cry like a baby. We bought a cuckoo clock, Michael and I wondered who would imitate the cuckoo first. I figured it would be her, she was hanging in the cage close to the bedroom where the clock was. She would only dance when the clock cuckooed but later would shout what sounded like, "Cukakoo". We've had some birds that

talk, some that don't, and some that bite which hurt especially the big birds. But I love them all.

Q. Which is the biggest holiday and what are the most ordered items?

A. Christmas is the biggest, we do fresh coconut cakes running out of our ears. We have one guy in town that will buy 60-70 fresh coconut cakes every Christmas and gives them away. People look forward to those cakes. Thanksgiving is pies and here lately a few more cakes ordered than usual, but for the majority pies are Thanksgiving.

We are just a small town bakery we have been here forever. We have always had a good clientele. We give away a cake on the radio station everyday. We even have people who have won to send us Thank you cards, which is nice. Now what kind of oatmeal cookie did you say you wanted?



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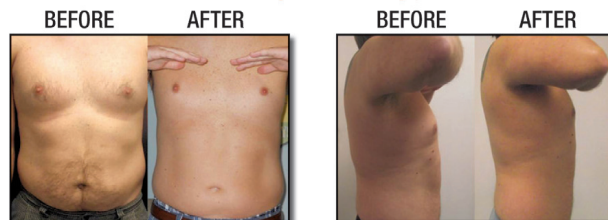
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Falls Prevention Awareness

September 22, 2018 is Falls Prevention Awareness Day, and in honor of that day, I thought it would be a good time for me, as a Master Trainer in the Matter of Balance, Managing Concerns About Falls Program, to educate you about falls.

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

According to the U.S. Centers for Disease Control and Prevention:

One in four Americans aged 65+ falls each year.

- Every 11 seconds, an older adult is treated in the emergency room for a fall;

every 19 minutes, an older adult dies from a fall.

- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

- Falls result in more than 2.8 million injuries treated in emergency departments annually including over 800,000 hospitalizations and more than 27,000 deaths.

- In 2015, the total cost of fall injuries was \$50 billion. Medicare and Medicaid shouldered 75 percent of these costs.

- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

In an article entitled, Older People, Falls, and Car Crashes, older drivers who have recently fallen are at elevated risk for car crashes according to an analysis in the Journal of the American Geriatrics Society in December 2017. The researchers suggested that falls endanger drivers by causing physical injury that limits mobility and interferes with driving, as well as leading to general physical and cognitive decline. In addition, health and functional (including vision) problems, along with impairment due to sedatives or alcohol that may cause falls can also cause crashes.

Thus, falls prevention programs may have the added benefit of reducing car crashes, the researchers concluded. And rehab that improves functional ability and self-confidence after a fall may help reduce risk while driving.

Falls Prevention Awareness programs are also a great time to learn about the link between fall-related injuries and osteoporosis.

The good news is it is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones.

How are falls and osteoporosis linked?

- 1 out of 5 falls among older adults

causes serious injury such as a broken bone.

If we can prevent falls, we can prevent broken bones of the hip, spine and wrist.

- Vitamin D deficiency is a risk factor for both falls and broken bones. Daily vitamin D and calcium supplements are associated with reduced falls and fewer broken bones in older adults. Speak with your health care provider about how much vitamin D and calcium is right for you.

- Regular physical activity and exercises that combine weight, muscle strengthening and balance helps reduce the risk of falls and actually improves the health of your bones.

Take action to prevent osteoporosis and falls:

- ✓ Eat a balanced diet rich in calcium.
- ✓ Take vitamin D supplements.
- ✓ Get regular physical activity.
- ✓ Don't smoke.
- ✓ Limit your alcohol.
- ✓ Check your home for safety.
- ✓ Talk with your doctor about a screening test.

So where can you find a Falls Prevention Awareness program? Actually, there are two at Ballou Recreation Center coming up this fall.

First, the Falls Prevention Awareness Seminar on Tuesday, September 11 at the Ballou Nature Center from 11 a.m.- 2 p.m. Cost \$5 (includes lunch). Registration is limited, so you must register no later than September 6. Sponsored by Centra Medical Group; Centra Rehabilitation; and Centra PACE. Speakers include Dr. Lakeshia A. Entzminger of Centra PACE; Scott Oaks of Centra Reha-

bilitation; and Donna Allen, Master Trainer of the Matter of Balance of Southern Area Agency on Aging. Call (434) 799-5216.

By the way, before you attend the Falls Prevention Awareness Seminar on September 11, check out our first Senior Expo that same day downstairs from 9 a.m.-2 p.m. at the Ballou Recreation Center with agencies, services, and products that are invaluable to maintaining a senior's quality of life. Featuring over 30 vendors, and services, such as bone density testing, balance testing, Senior Medical IDs, Project Lifesaver, hearing checks, Glucose Testing, blood pressure checks, and more! PLUS - AARP Virginia Shred Truck will offer FREE shredding from 10 a.m.-1 p.m. (2 file-box limit). Door prizes available. All at no charge! Sponsored by Southern Area Agency on Aging and Kare Pharmacy. Call (434) 799-5216.

And second, if you are looking for something to do in your spare time, check out the Matter of Balance Program - Fall Prevention Awareness Program - Volunteer Coaches Class, on October 22 and 23 from 10 a.m.-2 p.m. We're looking for individuals with good communication and interpersonal skills; enthusiastic, dependable and a willingness to lead small groups of older adults; and the ability to perform range of motion and low level endurance exercises. Lunch is provided. Space is limited and you must attend both classes. Register no later than October 16. No charge for this program. Call (434) 799-5216.

Cynthia "Cindy" Jones
Recreation Grants Specialist and
Senior Transportation Services
Coordinator
jonesci@danvilleva.gov
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Ballou Nature Center
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MOMENTS IN TIME

• On **Sept. 11, 1857**, Mormon guerrillas, stoked by religious zeal, murder 120 emigrants at Mountain Meadows, Utah. The conflict with the wagon train of emigrants apparently began when the Mormons refused to sell the train any supplies.

• On **Sept. 10, 1897**, London taxi driver George Smith, 25, becomes the first person ever arrested for drunk driving after slamming his cab into a building. In 1936, a professor of toxicology patented the Drunkometer, a balloon-like device into which people would breathe to determine whether they were inebriated.

• On **Sept. 13, 1916**, author Roald Dahl (“Charlie and the Chocolate Factory” and “James and the Giant Peach”) is born in South Wales. In World War II, he became a Royal Air Force fighter pilot and was shot down, suffering serious injuries. He saved a piece of his femur and later used it as a paperweight in his office.

• On **Sept. 15, 1931**, the Philadelphia Athletics beat the Cleveland Indians to clinch their third-straight American League pennant under legendary manager Connie Mack. Mack made a career of developing star players and then, once the players’ talents had peaked, selling their contracts for a profit.

• On **Sept. 16, 1940**, President Franklin D. Roosevelt signs the Selective Service and Training Act, which required all male citizens between the ages of 26 and 35 to register for the military draft.

• On **Sept. 14, 1955**, Little Richard records “Tutti Frutti.” The racy lyrics, however, needed changes to pass the censors. Once those were made, the song was recorded in 15 minutes.

• On **Sept. 12, 1972**, William Boyd, best known for his role as Hopalong Cassidy, dies at age 77. By 1950, American children had made Hopalong Cassidy the seventh most popular TV show and were madly snapping up cowboy hats and six-shooters.

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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to beauty.

FIACLA

□ □ □ □ □ □

Answer: Facial

Guess Who?

I am a comic actor born in New York on September 9, 1966. I developed my comedic talent while attending NYU and doing standup. I became a regular cast member on “Saturday Night Live” and then went on to star in many popular comedies.

Answer: Adam Sandler

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Dog enclosure	___ N ___	Corn segment	___ R ___
2. Antic	___ P ___	Provide food	___ T ___
3. Kite cord	___ I ___	Mighty	___ O ___
4. Comedian’s field	H ___	Hearsay	R ___
5. Young chicken	___ U ___	BB	___ E ___
6. Twisted hairdo	___ D ___	Scarecrow’s wish	___ N ___
7. Founder	F ___	Shaving foam	L ___
8. Rental agreement	___ E ___	Dog rope	___ H ___
9. Planks of wood	___ U ___	Agile	___ I ___
10. Police officer’s brooch	___ D ___	Flat-bottomed boat	___ R ___

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HAIR & BEAUTY WORD SEARCH

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

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

- ACTIVATOR
- AMMONIA
- BLEACH
- BOB
- BRASSY
- CLARIFIER
- COLLAGEN
- COLOR
- CROP
- CUTTING
- DERMABRASION
- DEVELOPER
- EPILATION
- EXFOLIATE
- EXTENSIONS
- FACIAL
- FOILS
- FUSION
- HAIR
- HENNA
- HIGHLIGHTS
- KERATIN
- MASSAGE
- NEUTRALIZE
- PERM
- PIGMENT
- RELAXER
- SALON
- SANITIZER
- SECTIONING
- SKIN
- SPA
- STRAIGHTEN
- TONE
- TREATMENT
- WAVES



What's Cookin'?

Coconut Custard Pie – Best EVER

Ingredients

- 5 eggs
- 2 cups white sugar
- ¼ cup buttermilk
- ½ cup melted butter
- 14oz coconut
- 1 tsp vanilla extract
- 2 (9 inch) unbaked pie crusts (store bought or homemade)

Instructions

Preheat oven to 350 degrees.
 In a large bowl, beat eggs & sugar until smooth. Mix in buttermilk & melted butter. Stir in coconut & vanilla. Divide the batter equally between both pie crusts.
 Bake for 15 minutes, then cover the crust with a strip of tin foil or a pie crust shield to prevent the crust burning. Bake for an additional 30-35 minutes (45-50 minutes total bake time).

Sixty might be the new forty but 9:00 is the new midnight.

⊙ ✱ ☼ ⊕ ⋄ ⚡ ✖ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡ ✢ ✣ ✤ ✥ ✦ ✧ ✨ ✩ ✪ ✫ ✬ ✭ ✮ ✯ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺

CRYPTO FUN

☼ ☾ ☽ ✱ ♂ ☿ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡ ✢ ✣ ✤ ✥ ✦ ✧ ✨ ✩ ✪ ✫ ✬ ✭ ✮ ✯ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺

Determine the code to reveal the answer!

Solve the code to discover words related to pizza.
 Each number corresponds to a letter.
 (Hint: 23 = t)

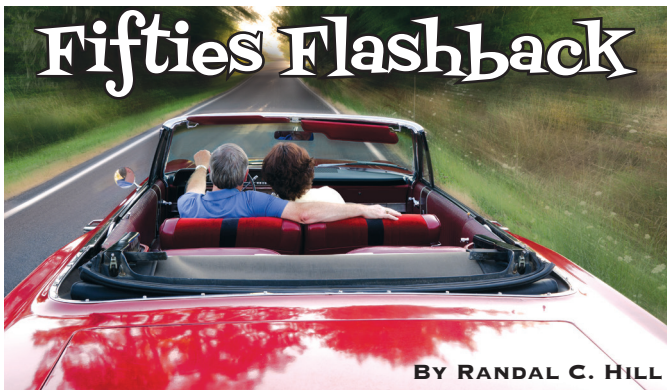
A. 24 14 16 21 23
 Clue: Hard dough

B. 23 26 10 25
 Clue: Not thick

C. 21 6 16 24 22
 Clue: Pureed tomatoes

D. 23 6 21 23 3
 Clue: Palate pleasing

Answers: A. crust B. thin C. sauce D. tasty



“Don’t Worry...He Sees Us”

September 2018

Hollywood gossip columnist Hedda Hopper once saw James Dean as an obnoxious attention-seeker in the Marlon Brando vein (she abhorred Brando) and even labeled Dean “another dirty shirttail actor.” Then she saw *East of Eden*, underwent an instant conversion and enthused, “I couldn’t remember ever having seen a young man with such power.”

James Byron Dean was born in Marion, Indiana, on February 8, 1931, the only child of Winton and Mildred Dean. The family moved to Santa Monica, California, where Mr. Dean worked as a dental technician. Mildred died of cancer in 1940, and Winton sent his young son back to Indiana to live with his grandparents on their Fairmount farm.

At Fairmount High School Dean excelled in dramatics and public speaking, and lettered in baseball and basketball. After his 1949 graduation he returned to California to live with his father and stepmother. Dean considered becoming a lawyer but eventually pursued a stronger passion when he enrolled at UCLA to study drama.

Early in 1951 he left school to chase his acting dreams. He moved to New York, won some minor TV roles, and studied method acting in Lee Strasberg’s Actors Studio, where Dean’s idol Marlon Brandon had once been a student.

In 1954 Director Elia Kazan sought “a Brando” for the role of Cal Trask in Kazan’s forthcoming movie *East of Eden*, based on John Steinbeck’s novel. Kazan hired the churlish actor, later allowing him to improvise a few *East of Eden* scenes. (Steinbeck had instantly disliked the sullen superstar-to-be when they first met.)

Two more Dean films followed. *Rebel without a*

Cause, his ticket to stardom, had him (at age 24) playing troubled adolescent Jim Stark. In *Giant* Dean portrayed Jett Rink, a Texas ranch hand who strikes oil and becomes rich.

Away from the movie set, Dean nurtured a second passion: auto racing. On September 30, 1955, he and Porsche mechanic pal Rolf Wutherich roared north from Los Angeles, bound for a race in Salinas, near the Bay Area. Dean was behind the wheel of his powerful new Porsche 550 Spyder.

That afternoon, at a deserted intersection near the central California village of Cholame, Dean ran his car into a 1950 Ford being driven by college student Donald Turnupseed, who had turned into the Porsche’s path. Turnupseed and Wutherich survived the crash, but Dean broke his neck and died at the scene. His ironic final words to Wutherich: “Don’t worry, that guy’ll stop. He sees us.”

At the time only *East of Eden* had been released, and Dean wasn’t famous yet. *Rebel Without a Cause*—his best-known work—premiered three days after his demise, and *Giant* wouldn’t open until 1956. But his death created a tsunami of posthumous worship, and he remains to this day one of the iconic Tinseltown superstars of the 1950s.

James Dean once said, “If a man can bridge the gap between life and death, I mean, if he can live on after he’s died, then maybe he was a great man.”

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Birdhouse NEWS

HIGHWAY ROBBERY

Fayette County, GA police are on the hunt for thieves with a hankering for Japanese noodles, reports the Association of Mature American Citizens [AMAC]. The highway robbers got away with a tractor-trailer parked at a Fayetteville gas station. It was carrying a load of ramen packets worth nearly \$100 thousand. The incident begs the question: where can they find a fence who specializes in stolen noodles.

AND THE MUSIC PLAYED ON

It's common knowledge that opera lovers are a special breed. Their devotion to the works of Puccini, Mozart and Verdi can border on the fanatical. And, many of them have a favorite opera that they will listen to more than any other. But, according to the Association of Mature American Citizens [AMAC], one aficionado in Slovenia may have taken her love of La Traviata too far. She was arrested for creating an annoyance by playing her recording of Giuseppe Verdi's masterwork too loud and too often. It seems she started playing it 16 years ago to drown out the barking of a neighbor's dog and never stopped playing it, day after day. If convicted at her court appearance, she faces up to six months in jail.

SOUP'S ON!

A Vietnamese food company celebrated its 55th anniversary by feeding a crowd of about 2,000 in Ho Chi Minh City with a three ton bowl of beef noodle soup. The gesture was so grand that it secured the company a place in the Guinness Book of World Records, says the Association of Mature American Citizens [AMAC]. The VIFON foods company assigned 55 chefs to prepare the soup using more than 336 pounds of fixins, 130 pounds of beef brisket, more than 46 pounds of seasonings and about 2,466 pounds of hot water. The crowd literally ate it up. And they said too many cooks spoil the soup.

ROW, ROW, ROW YOUR BOAT

Here's a world record worth reporting: a high school teacher used his summer break to row 2,000 miles across the Atlantic in 38 days, 6 hours and 49 minutes, says the Association of Mature American Citizens [AMAC]. Bryce Carlson, who teaches at Seven Hills School in Madisonville, OH, crossed the Atlantic alone from Canada to England, topping the previous solo record of some 53 days. He told reporters: "I capsized about a dozen times, give or take. All occurred while I was inside the cabin, most while I was awake, "tailbone pretty badly." On the bright side, he lost between 10 and 15 pounds.

A DOG-EAT-DOG COMPETITION

The sport of surfing is going to the dogs. At least it is in Pacifica, CA, which hosted this year's World Dog Surfing Championships, reports



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the Association of Mature American Citizens [AMAC]. The event, which is billed as "the premier dog surfing" competition, first took place in 2006 in San Diego. It was a won of a kind contest that has since spawned similar events around the world.

THEY SAID IT WOULDN'T LAST

And, here's a world record that requires stamina, according to the Association of Mature American Citizens [AMAC]. It's the one for the oldest living married couple. The record keepers at Guinness announced recently that a Japanese couple managed to celebrate their 80th wedding anniversary due to their longevity. He is 108-years-young and she is a mere 100.

AMISH UBER

Uber, the ubiquitous car service has made its presence known throughout the U.S. Its presence is so pervasive that it prompted an Amish man to start a buggy-for-hire service in St. Joseph, MI, which boasts the sixth largest Amish populations in the U.S., according to the Association of Mature American Citizens [AMAC]. Timothy Hochstedler, who started what is believed to be the nation's first on call horse-drawn taxi service, charges a flat rate of \$5.00 per ride. As he described his start up to reporters: "Uber is hot right now, so we have the Amish Uber." Problem is that if you want a ride in Hochstedler, you can't use an app on your smart phone to call him. His is Amish, after all, and so he adheres strictly to Amish customs. In other words, you'll have to flag him down if and when you see him.



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The Locavore Chef Sue Graves: Featuring local food producers From the Chatham Farmers' Market

Meet Linda Davis . She is a frequent vendor at the farmers' market located at the Ag Complex north of Chatham. As you can see in the picture, Linda has a bounty of fresh vegetables each week. Pictured here on this particular Saturday, Linda had okra, squash, zucchini, and two types of green beans. She also had a vegetable called running okra. Never heard of it? Neither had I. It looks nothing like its cousin. It's long (at least a foot) and has pronounced ribs all around it. It's not as slimy as regular okra. I cut one up and oven roasted it with olive oil, salt and pepper and a sprinkling of cornmeal. The temperature was too hot for me to stand over a frying pan. It was an interesting new flavor. A hint of okra but not as strong. Go by on Saturday morning and see what she has to sell. Also check out the great baked goods and other items from other vendors there.



With all the squash still coming in, you've probably already made your squash casserole and your zucchini bread. My daughter brought me an unusual recipe from a now-retired innkeeper from Waynesville, NC. It's easy enough and you don't have to stand over a hot skillet to make it.

Oven Fried Summer Squash

- 4 cups thinly sliced summer squash
- 3 tablespoons olive oil
- Salt and pepper
- Any other seasonings/herbs you want to add like cayenne
- ¾ cup panko bread crumbs
- ¾ cup grated Parmesan cheese

Heat the oven to 425 degrees. Line a baking sheet with parchment (easy clean up). Combine olive oil and seasonings. Toss the squash with the oil mixture.

Mix panko and cheese in a bowl and coat each piece of squash in the mixture. You may have to press the coating on a little to get it to stick. Place the pieces on the prepared baking sheet.

Bake for 15-25 minutes or until the squash is lightly browned. If you have more than one sheet, you'll want to rotate them halfway through cooking to make sure they cook evenly. You may also want to flip them halfway through roasting if you want both sides cooked evenly.

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Movie Preview: The Old Man and the Gun

BY RANDAL C. HILL
September 2018

“Just before Forrest Tucker turned seventy-nine, he went to work for the last time.” So opens New Yorker writer David Grann’s 2003 article “The Old Man and the Gun,” a true-life profile of a likeable lawbreaker, then in his eighties, that sometimes reads like the script of a contrived “B” movie.

On September 28th, director David Lowery’s *The Old Man and the Gun* arrives from Fox Searchlight Pictures. It’s a film that offers viewers an endearing tale about the charismatic bank robber/prison escape artist portrayed by Robert Redford in what is reputed to be his swan song role.

Lowery gives us a perfectly cast trifecta of Oscar winners: Redford (*Ordinary People*), Sissy Spacek (*Coal Miner’s Daughter*) and Casey Affleck (*Manchester by the Sea*), as well as solid supporting roles from Danny Glover, Tika Sumpter and the always-quirky Tom Waits.

Lowery enthuses, “It’s just been a thrill to team up with so many legends and heroes in telling this wild and wooly tale.”

The movie isn’t wild and wooly in the traditional Hollywood sense—Redford isn’t leaping off any cliffs as he did in *Butch Cassidy and the Sundance Kid*. Rather, Lowery’s understated period piece is based on Grann’s nonfiction narrative about the six-decade career criminal. During his lifetime, Tucker, who was first jailed at 15, managed to slip out of prisons 18 times—including, at age 70, from notorious San Quentin via a handmade kayak. By the year 2000, he had successfully pulled off a hard-to-imagine string of heists (and a few marriages along the way) that confounded authorities and enchanted the public.

In *The Old Man and the Gun*, we also meet an obsessive detective named John Hunt (Affleck), who is hot on the trail of the oldster, though Hunt respects Tucker’s commitment to his craft. (Tucker always felt that robbing a bank properly was an art form.)

Then there’s Jewel (Spacek), Tucker’s third and final wife who, despite her husband’s chosen profession, adores the still-dapper gentleman whose omnipresent hearing aid is actually a police scanner wired through his shirt.

And the sly scofflaw still yearns for the adrenaline rush of carrying out just one more perfectly executed job.

The Old Man and the Gun showcases one man’s few regrets. When told that surely there had been a better way to make a living, irrepressible Tucker responds, “I’m not talkin’ about makin’ a living; I’m just talkin’ about livin’.”



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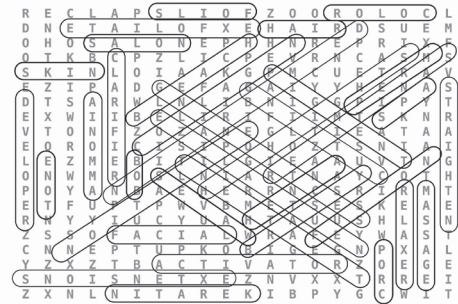


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1. Kennel, Kernel
2. Caper, Cater
3. String, Strong
4. Humor, Rumor
5. Pullet, Pellet
6. Braid, Brain
7. Father, Lather
8. Lease, Leash
9. Lumber, Limber
10. Badge, Barge

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Brookdale Eden residents make beautiful sand art.



Ice Cream Social sponsored by **Riverside Health and Rehab Center**

The Holiday Village Resident Service Coordinator and residents would like to thank Lifeworks' for allowing Robin Young, Admissions Director at Riverside Health and Rehabilitation Center for sponsoring our yearly Ice Cream Social in our public room.

The event took place Wednesday, August 15, 2018 at 3:00pm along with some great ice cream and all the toppings.

Send your activities to
info@redbirdtimes.com



Every heartbeat, every moment



CENTRA

It's because of the special moments you have along the way that we take your care so seriously.

It's for remembering how much it warmed your heart to hear your son's excitement to play his first soccer game and how he would score a hundred goals.

No matter what life may bring, our cardiovascular team puts their heart and soul into caring for you and your family so that many more special moments can be cherished.

Their dedication, expertise, and remarkable care led Centra Lynchburg General Hospital to be named – for the seventh time – one of the nation's 50 Top Cardiovascular Hospitals by IBM Watson Health.

But we're not in it for the recognition. We're here for every heartbeat, every moment, every step of the way.

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