

"You can't turn back the clock, but you can wind it up again."

Monthly Magazine for Age 50 and Better

NOVEMBER 2016 VOL 2 ISSUE 05

www.redbirdtimes.com



Happy Thanksgiving!

The Red Bird Times Wins Three National Awards

The Red Bird Times was presented three national publishing awards by the North American Mature Publishers Association at their annual conference in Denver, Colorado on September 26, 2016.



The awards were:

- BEST BANNER FIRST PLACE
- BEST SELF PROMOTION FIRST PLACE
- BEST SINGLE AD IN COLOR SECOND PLACE

The Red Bird Times distributes magazines to six counties in the southern Virginia / North Carolina area around the first of each month.



There is one day that is ours. There is one day when all we Americans who are not self-made go back to the old home to eat saleratus biscuits and marvel how much nearer to the porch the old pump looks than it used to. Thanksgiving Day is the one day that is purely American. ~O. Henry



"There can never be any place like home but Chastain is the next best thing."



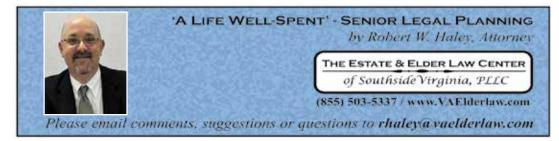


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The Value of Certified Elder Law Attorneys

Families coping with both the emotional and legal complexities associated with long-term elder care face a unique, yet serious set of challenges! As a result, many individuals facing long-term care issues are more than willing to turn to professional service providers for advice. Unfortunately, many purported elder law professionals simply do not have the experience or training necessary to provide comprehensive elder law planning. To ensure effective elder law planning and advice, individuals are well-served to seek out trained and certified professionals who specifically focus their practice on elder law issues.

Medicaid planning, for example, is a particular area of elder law that lends itself to various complexities and pitfalls. People who try to answer Medicaid questions without first undergoing extensive training run the risk of giving out misinformation that may lead to serious, long-lasting effects on the care options available to you and your loved ones. If I only had a dollar for every client that has said "I heard that..."! What they have heard is usually wrong! Realizing the complexity of this particular area of elder law is the first step toward ensuring that you or your loved ones do not fall victim to ineffective planning. The following guidelines will also help to make certain that your Medicaid and elder law needs are addressed thoroughly and effectively:

Every case is unique. Believe me, there is no cookie-cutter approach that will effectively address your Medicaid needs. Each individual facing issues related to elder law brings to the table a unique set of circumstances. In searching for a certified elder law professional, avoid those that do not treat each client as a fresh, unique case.

You may not have to be in a nursing home to receive Medicaid benefits. Did you know that there is a benefit for in-home care? Medicaid benefits may be available to cover the costs of receiving in-home care. In Virginia, for example, the state Medicaid program not only provides benefits for qualifying individuals in nursing homes, but also for qualifying individuals who wish to remain in their own homes. A qualified and certified elder law attorney will have the knowledge to walk you through all of your long-term care options, including programs that may enable you to remain in your home for as long as possible.

Asset protection should be an integral part of your elder law planning. Depending on the circumstances, there are a variety of estate planning techniques that may serve to preserve a portion of your assets without necessarily disqualifying you from Medicaid. More importantly, giving away your assets may trigger a penalty period under the Medicaid statutes that could prevent access to needed benefits for an extended period of time. An experienced elder law attorney will be able to help you implement the gifting and planning techniques that best fit your particular situation. While

estate planning attorneys may be

great at planning an estate, they

may not have the unique expertise to plan ahead for Medicaid, if needed. For that, you should really consider using a certified elder law attorney.

Force those advising you to prove they are qualified. Do not assume that anyone is qualified to give Medicaid advice without first asking them about their experience and certifications. Social workers, financial advisors and attorneys are not necessarily wellversed in Medicaid law simply on account of their titles. Ask professionals seeking to advise you to explain their training. Attorneys, for example, must receive special training and certification prior to labeling themselves as an elder law specialist. The **National Elder Law Foundation** is the only national organization certifying elder law attorneys, or CELAs. CELAs must complete an examination and demonstrate that their law practice is actually focused on elder law. Once certified, a CELA must continue to practice primarily in the elder law field and complete advanced continuing education programs.

Consider hiring a law firm with a full service elder law team. A

growing number of law firms in Virginia realize the importance of elder law and have assembled teams capable of addressing all of your elder law needs. Look for a firm that has attorneys trained and preferably certified in the practice of elder law. Then ask about all of the people who will be working on your case. Does the firm have an elder care coordinator? Will there be someone to help you with placement of your loved one? Will the firm handle the application process? Pinpointing a full service firm allows you to choose the level of services that is best for your situation. Even if you plan on ultimately completing the paperwork and application yourself, hiring a firm with the capabilities of shepherding the entire process become invaluable if complications or unforeseen obstacles arise, as they often do.

The legal world is fraught with pitfalls and complexities that can have lasting consequences. What's more, the planning process for the care of an elderly family member can be an emotionally and physically draining experience. I hope that the guidelines presented in this article will help those in need of long-term care planning find an experienced elder law team who will present appropriate planning options for your situation so that you can feel secure and confident in planning for long-term care for you or your loved ones. In Virginia, we have some of the best certified elder law attorneys in the nation. You can find them at www.nelf.org or www.naela.org.

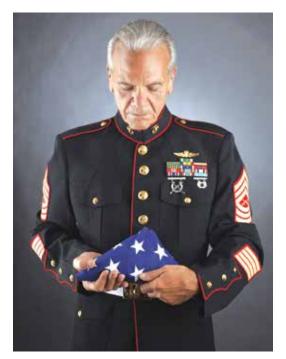
As always, if you have a question or issue that you think might be a good topic for this column, let me know! Email me at rhaley@ vaelderlaw.com or send to me via snail-mail to this address:

The Estate & Elder Law Center of Southside Virginia, PLLC 742 Main Street Danville, VA 24541

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ROBERT W. HALEY Managing Attorney – The Estate & Elder Law Center of Southside Virginia www.VAElderlaw.com

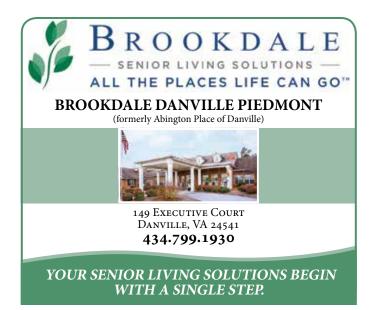




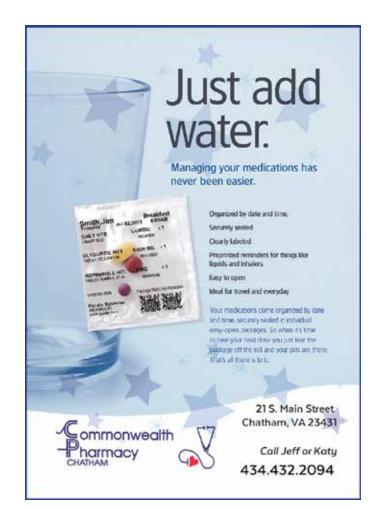
Words can't say just how much we appreciate and respect our country's veterans for their service. As we celebrate Veterans Day, we would like to take a moment to express our deepest thanks to the brave men and women who have served and continue to serve in our military. We recognize their courage, hard work and dedication to our nation's values, way of life and security, and we are humbled by their sacrifice. Today and every day, we proudly salute America's veterans.

To All of Our Nation's Veterans, Thank You & Happy Veterans Day!





"The soldier above all others prays for peace, for it is the soldier who must suffer and bear the deepest wounds and scars of war." Douglas MacArthur





FIRST SHAPE-SHIFTING HOME

First there was the smart phone. Then came the smart car. Now, get ready for the smart house, says the Association of Mature American Citizens.

The shape-shifting home is the brainchild of a pair of British architects who plan to build the first of its kind abode in Cambridgeshire, UK, some 60 miles north of London. The house has a permanent core that houses plumbing, electricity and other key components. But the exterior structure has a mind of its own that senses the climatic conditions and re-shapes itself, letting in the warmth and sunlight of summer and keeping out the wind and colder temperatures of winter.

The house "literally unfolds itself. The internal walls become external walls, doors become windows and windows become doors. A house like this has never been done before in the history of architecture and we believe that creating buildings that can adapt and change is a much more sustainable way of living," according to the designers.

YOU'RE NEVER TOO OLD TO DREAM

It may be a teen dream to become a rock star and while many have lived the dream, none have done so quite in the manner of Mick Jagger, Paul McCartney and Bob Dylan all three of whom are now among the ranks of mature American citizens, according to the Association of Mature American Citizens.

In fact, says AMAC, Jagger, who is 73, McCartney, who is 74, and Dylan, who is 75, still have what it takes to draw mega-crowds as was evident at the Desert Trip rock music festival staged recently in Indio, CA. Organizers say that some 150,000 fans, many of them Baby Boomers, cheered on the trio of septuagenarians. Of course there were a few younger "classical music" fans in attendance as well.

AGE DIFFERENCES

Andrew Frances and Hugo Mialon at Atlanta's Emory University did the research and found that the bigger the difference in ages in a romantic partnership, the more likely it is to end sooner than later. In relationships between couples with a five year difference in age, there's an 18 percent chance that there will be a break up compared with couples of the same age. A 20 year difference in age increases the chance of a falling out to a whopping 95 percent.

IT'S A DOG'S LIFE

Eureka! They've found a pill that reverses the aging process-in dogs, monkeys and mice, says the Association of Mature American Citizens.

According to a published research report, scientists at the University of Washington, University of Missouri, and Fred Hutchinson Cancer Research Center, used an FDA approved organ transplant drug, Rapamycin, to extend the life of mice by as much as 60%.

Meanwhile, the University of Washington's Dog Aging Project found that old dogs who were given the drug also responded to the treatment. Sixteen elderly canines were treated and they showed significantly improved coronary function.

SLEEPLESS IN AMERICA

Here's something that might keep you up at nights: reports that as many as 20% of Americans suffer from anxiety disorder later in life.

The Association of Mature American Citizens suggests that caregivers keep an eye out for symptoms such as loss of appetite and sleepless nights. If the signs are there, see a doctor who can recommend a course of treatment.

The good news is that the majority of seniors live anxiety-free lives and that

there are medications that can relieve symptoms in those that have the disorder.

COME FLY WITH ME

The graying of America has sparked some novel ideas for business ventures, says the Association of Mature American Citizens. One company, Flying Companions, helps elderly vacationers and seniors who want to visit friends and family but are uneasy about the trip.

There are more older Americans today than ever before and that number grows by the thousands every day. People are living longer, they don't seem to be slowing down in old age and, above all, they want to be independent. But traveling, these days, can be a hassle and that's the premise for Flying Companions, according to company president Doug lannelli.

KEEP BUSY, KEEP FIT

Don't just sit there, get out and about if you want a happier life in your golden years, urges the Association of Mature American Citizens.

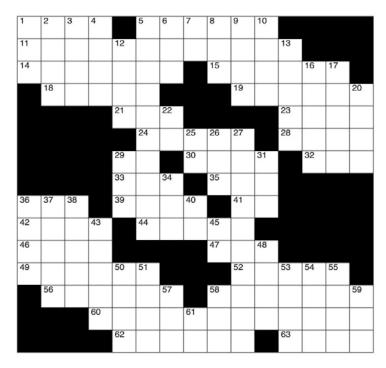
It's a fact, says AMAC, active seniors who get involved in their communities, have a busy social life, stay fit and take the opportunity to continue their education are more content and better able to cope with the vagaries of the passing years.

CRIME DOES NOT PAY

Growing old may have unforeseen perks for going on the lam, says the Association of Mature American Citizens.

For several weeks, authorities in Hyannis, MA staked out the home of Shaun Miller who was wanted for drug possession and distribution. Their perseverance paid off when an alert officer became suspicious of an elderly gentleman coming out of the front door.

There was something about his eyes, said the cop who then proceeded to pull off the man's mask, part of a clever and very realistic disguise that turned the 31-year-old into a very convincing senior citizen.



CLUES ACROSS

- 1. Famed Spanish General's nickname
- 5. Drink alcohol
- 11. Savings for soggy days
- 14. Kleenex, Puffs are some
- 15. Moved in a circular way
- 18. Pile of stones
- 19. Drenched
- 21. Talk to you (abbr.)
- 23. World's longest river
- 24. Thoughts
- 28. Stake
- 29. Lawrence Taylor's nickname
- 30. Coat or smear
- 32. Comedian Josh
- 33. Cost, insurance, freight (abbr.) 63. Mail

CLUES DOWN

- 1. Expression of creative skill
- 2. Nonclerical
- 3. Credit card company
- 4. Ancient Chinese city
- 5. Personas
- 6. More (Spanish)
- 7. Close to
- 8. Nigerian City
- 9. Pals
- 10. Internal
- 12. Type of tent
- 13. Beloved Princess
- 16. Supplementing with difficulty 17. Region in Mississippi
- 20. Brave act
- 22. 36 inches
- 25. , denotes past
- 26. Swiss river
- 27. Submersibles

- 35. Royal Bank of Canada
- 36. Polyvinyl chloride
- 39. Lifeless
- 41. Doctor of Medicine
- 42. Former Saudi Arabian king
- 44. River along border of India and Nepal
- 46. German widow
- 47. Administrative review board
- 49. Small tower
- 52. Central American fruit
- 56. Cigar
- 58. Bring to life
- 60. Linked together in a chain
- 62. Marinara, BBQ are two
- - 29. Portable computer screen material
 - 31. Binary-coded decimal
 - 34. Supervises flying
 - 36. Represents dull, abrupt sound
 - 37. Deformity involving a limb
 - 38. Map
 - 40. Dominican Republic
 - 43. Breed of hogs
 - 45. District attorney
 - 48. Light Russian pancake
 - 50. Selfs
 - 51. Rock songstress Turner
 - 53. American Music Awards
 - 54. Partner
 - 55. Egyptian Sun god
 - 57. European money
 - 58. Consumed
 - 59. Doctor of Education
 - 61. Actinium



According to the U.S. Census Bureau, Minnesota is the top turkey-producing state in America. Six states-Minnesota, North Carolina, Arkansas, Missouri, Virginia, and Indinia—account for nearly two-thirds of the 248 million turkeys that will be raised in the U.S. this year.

In a survey conducted by the National Turkey Federation, nearly 88 percent of Americans said they eat turkey at Thanksgiving. The average weight of turkeys purchased for Thanksgiving is 15 pounds.

The sweet potato is most plentifully produced in North Carolina, which grew 972 million pounds of the popular Thanksgiving side dish.

According to the Guinness Book of World Records, the largest pumpkin pie ever baked weighed 2,020 pounds and measured just over 12 feet long. It was baked on October 8, 2005 by the New Bremen Giant Pumpkin Growers in Ohio, and included 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, 300 pounds of sugar,

3.5 pounds of salt, 7 pounds of cinnamon, 2 pounds of pumpkin spice and 250 pounds of crust.

Three towns in the U.S. take their name from the traditional Thanksgiving bird, including Turkey, Texas (pop. 465); Turkey Creek, Louisiana (pop. 363); and Turkey, North Carolina (pop. 270).

Originally known as Macy's Christmas Parade—to signify the launch of the Christmas shopping season-the first Macy's Thanksgiving Day Parade took place in New York City in 1924. It was launched by Macy's employees and featured animals from the Central Park Zoo. Today, some 3 million people attend the annual parade and another 44 million watch it on television.

Tony Sarg, a children's book illustrator and puppeteer, designed the first giant hot air balloons for the Macy's Thanksgiving Day Parade in 1927. He later created the elaborate mechanically animated window displays that grace the facade of the New York store from Thanksgiving to Christmas.



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A November to Remember

This month I will be privileged to live through 63 Novembers and I am truly thankful for each one of them. I must admit though, as I begin this particular November, I don't know if it's just me or if anyone else feels a bit anxious. I personally don't feel the excitement that I'm used to feeling, as I usually see November as being the "Gateway to the Holiday Season." I believe it has to do with all the stress, hoopla, build up or call it as you will for this upcoming election. I'm sincerely hoping that once it is over, things will somehow feel a bit more normal regardless of the outcome. I just had to vent a bit before continuing with this month's column.

I wasn't always aware of how many important events happen during this November. Events like Nov. 2 – Deviled Egg Day (lol), Nov.8th - Election Day 2016, Nov. 11th - Veterans Day, Nov 17th – Great American Smokeout Day, Nov. 24th – Thanksgiving Day and who can forget Nov. 25th- Black Friday.

Let's begin with Tuesday, the 8th of November, we will be faced with voting for our next President. Red Bird Times is not meant to discuss politics or the like therefore, I will not get political or share my personal views on such topic. I will ask that each and every citizen that will vote whether at the polls or by absentee ballot, to PLEASE give this some DEEP and careful thought or if you are one who prays, to PRAY for guidance on which candidate you vote for. We as a nation are in dire need of a leader who will restore this country back to what it once stood for. All I will say is May God Bless America. Three days after the election is over, we will observe Veterans Day. A day in which we honor those men and women who have served and fought for our freedom. We must never forget the many who did survive as well as those who were blessed to have return home to their families. For all Veterans that may read this column, I personally THANK YOU for your service and I SALUTE you for selflessly giving of yourself to protect this nation of ours.

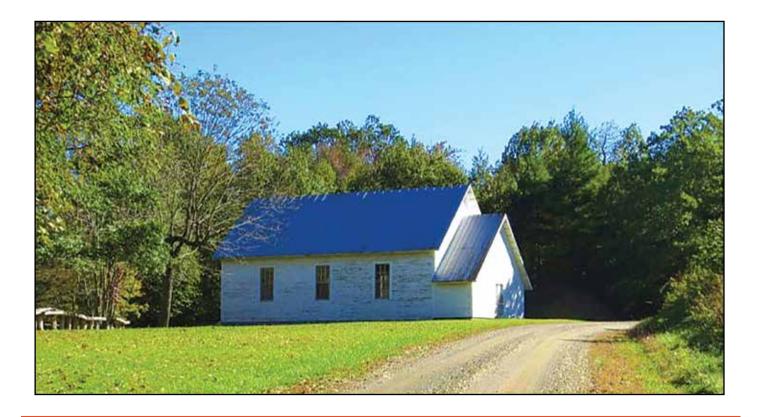
On November 24th we get to once again indulge ourselves in a Thanksgiving feast. What I recall as a young child being naïve and innocent, is that Thanksgiving was more a time to focus on the senses. I loved to take in all the SOUNDS of adults talking, kids playing and the SMELLS of turkey, stuffing, squishy taters and pumpkin pie cooking. Oh and the SIGHTS of a huge crowd just enjoying each other and all the delectable items set out on the table were breathtaking. Finally the best part, the TASTY food that delighted our palates was indescribably delicious. Today as an adult, I appreciate this day in a different way and that is because I am so fortunate to be part of a huge celebration of this day of giving thanks for everything that I have been blessed with. Family, friends, a roof over my head, a job that sustains me, my health and my faith are all part of those blessings.

I would like to say that I am truly thankful to those of you who read the Red Bird Times from cover to cover. I am so thankful for this publication that is geared to those of us who are" Young At Heart." I'd like to wish you all wisdom as you vote in a few days. I wish you all a wonderful Thanksgiving Day and may you be filled with an abundance of blessings. I close with, "Not what we say about our blessing, but how we use them, is the true meaning of our THANKSGIVING." W.T. Purkiser"



Revival of An Old Mountain Church

Efforts are underway to save a church building that was built out of an Old Chestnut tree, by a people who couldn't really afford to, but couldn't afford not to.



Concord Primitive Baptist Church Meadows of Dan, VA



An October Diary - October 9, 2016 by Felecia Shelor

Since daybreak the wind has picked up considerable. The sky was a most unusual color at 4:30a.m. It was a strange mixture of blue and dark, but not the color dark blue. A white yellow light lined the entire horizon of the dome shaped sky filled with bright twinkling stars. At 45 degrees, high winds are blowing through the cracks and crevices of this old house. My heat won't come on, but I'm okay. I'm tough. The sky is still a very strange color at first light but I couldn't pick it up with my camera and I don't think I can describe well it either. The best words I can find for it is a faint shadow of shades of blue northern lights with a horizon lined in a color of light that is a mixture of yellow and orange and white. I need to get my mind dialed back in to my business though. It hasn't been on that channel for three days now. I spent

the entire day Friday reading and studying and talking to various people about the Primitive Baptists and what should be done about the Concord Primitive Baptist Church. I wrote a story I want to publish in the local newspaper about the history of the church. I sent the editor a rough draft because I think it is a very interesting story. She said she doesn't know if there is room in her paper for a story about the history of a mountain church. I want the story published because I hope to stir up interest in the fundraiser on November 13th. I do want people to come. I want people to contribute toward a new roof for the church. The old church is in peril of collapse if it doesn't get a new roof before winter. But what is stirring in me transcends the need for the money for a new roof. The truth is, it would be easier for me to fix that roof myself than to organize a fundraiser. The fundraiser means something far beyond



Feleica Shelor< Author Owner of Poor Farmers Market

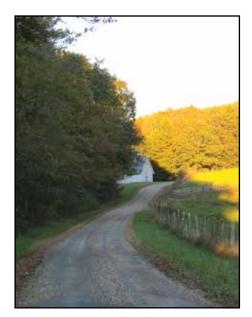
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"funds", to me. I am suffering in my heart because of that dying church. For me it is a symbol of a dying culture. Our people who built that church and kept it alive for nearly two hundred years were a unique and independent people. They are all gone now. The church has come down to two members. It cuts my heart to think of that old preacher who drives all the way up here from West Jefferson North Carolina every third Sunday to preach to those two remaining members at Concord Primitive Baptist Church. I talked on the phone on Friday to the most prominent Primitive Baptist Preacher in these parts. I want to know if anything can be done to revive the congregation at Concord. The Primitive Baptist is not an easy

or soft religion. It is definitely not a social club as some of the churches are accused of becoming. The word that comes to my mind to best describe the religion, is stark. There is something very deep about it also and real and true. The preacher told me on Friday, that the church is the congregation, without a congregation at Concord, it is only a building. It is only a building. It is only a building that was built totally from the Old Chestnut that has long become extinct. It is only a building that was built by our people, poor people, who gave much more than they could afford, for that church. It is only a building where for many generations our people convened, to marry, to bury their dead, to hear the Word of the Lord. It is only a building where for some twenty years now a preacher, his wife, and his mentally handicapped daughter, have driven the two hours to Meadows of Dan, from West Jefferson, to love, to preach to, and to deliver communion for those two remaining members.

Maybe I am disturbed by the congregation of Concord Church becoming extinct because I feel I am also on the cusp of extinction. People like me are being destroyed because of a blight, just like the old Chestnut tree was destroyed by a blight. There is no way my business nor my entire business community can survive Hillary's promises for more government intervention. We do not make enough money to pay entry level employees \$15 per hour. It sounds good to the masses who will vote for her. But it will destroy us. We do not live in the same economy as New York or Los Vegas or even northern Virginia. We are threatened with a blight from this rotting culture on many levels.

All of this is weighing heavily on me this morning. But I have to get ready for work now. I will fight the good fight for as long as I can. Bright clear light fills the sky now as the sun crests the eastern horizon at exactly 7:43. God will look after His people. Maybe the good people of Concord have already been raptured. I know my thinking is over the edge on this Sunday morning.



Concord Primitive Baptist Church Fund-Raising Event November 13, 2016 at 2:00 p.m.

One of the most historic buildings in Meadows of Dan is in peril because of a leaking roof. A fundraising event for a new roof will be held at the church on November 13th beginning at 2pm. Admission is free! Voluntary donations are encouraged!

The program will include information about the historic church. Music will be provided by local legend, Sammy Shelor, and also the Mountain View Methodist Church Singers. Primitive Baptist preacher, Meadows of Dan native, Alan Terry, will speak about what it means to be a Primitive Baptist. Everyone is asked to bring a covered dish to share after the program for a time of fellowship and gathering. The plan is for the historic church, built in 1912, primarily from American Chestnut, to be preserved for the community of Meadows of Dan. It will first and foremost be available as a Primitive Baptist House of Worship. The Meadows of Dan Community, its descendants, and all who love Meadows of Dan, will be able to use the unique building for special events, such as weddings and family reunions.

Please come out and help save this special church. Established in 1833, Concord Primitive Baptist Church is a reflection of the earliest settlers in Meadows of Dan. Bring a covered dish to share "dinner on the ground" as is the custom of the Primitive Baptists. If the weather is bad, the food

will be inside.

The church is located on Concord Road, which is the dirt road that runs right behind Toytime and Poor Farmers Market near the Parkway in Meadows of Dan. From business 58, turn onto Squirrel Spur (614) at the large brick building. Take the immediate left that runs behind the big brick building, Concord Road. The church is less than one half a mile down Concord Road. Sponsored by the Meadows of Dan Community Association. For more information call Felecia Shelor. 276-952-5697

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A woman on the phone to her friend;

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take and aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.







What folks are doing...

Share your photos with us. Email to: info@redbirdtimes.com

HOLIDAY VILLAGE, DANVILLE



Holiday Village sponsored a Wellness Program on October 20, 2016 in the Public Room at 2pm, with Paul Ashbrook/Audiologist Hearing Aid Specialist as our guest speaker. He spoke on "Hearing Loss" along with a question and answer session following. Left to right: Jean Bayes, Ann Doolin, Ida Sowell, Paul Ashbrook, Elizabeth Dalton, Nancy Hamlett. A special thank to Paul Ashbrook for taking his time to come to Holiday Village from the Service Coordinator and the Beacon On The Hill.

BROOKDALE, EDEN



Growing our Brains with painting.



Holidany Dras and Restaurant DANVILLE, VIRGINIA



DO YOU REMEMBER THIS?

Thanksgiving



"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." —1 Thessalonians 5: 16-18 NIV

hat the Pilgrims who came to America considered it right and proper to honor God with a feast of thanksgiving, despite losing nearly half of their numbers to disease and lack of proper shelter during their first year speaks volumes about their character. That many present-day Americans see the holiday as little more than a chance to indulge the vices of sloth and gluttony perhaps says more about our character than we would wish. But we should not imagine that there was no grumbling among the Pilgrims. Surely some of them grumbled and complained about the conditions and rued the day they left European shores, and it is likely that some of them felt more like cursing God than thanking Him. But the better angels of their nature won the day, and in November of 1621 the Pilgrims celebrated a harvest with the natives, in what was the first Thanksgiving. We should take this as counsel to give thanks in all things, both in good times and in bad, in times of plenty and in times of scarcity, and to share our harvest with our families, friends and neighbors, no matter the size of the harvest or our relations with our families, friends and neighbors. - Christopher Simon

Butterhorns



Ingredients

1 (0.6 ounce) cake compressed fresh yeast

- 2 teaspoons white sugar
- 1 1/2 cups milk
- 1 cup butter
- 1/2 cup white sugar

3 eggs

5 1/2 cups bread flour

- 1 teaspoon salt
- 1/2 cup butter, softened

What's Cookin'?

Directions

Crumble the compressed yeast into a small bowl, and mix in 2 teaspoons of sugar. Set aside. In a small saucepan, heat milk until a skin forms on the top. Remove from heat, and set aside to cool slightly.

Place 1 cup of butter and remaining 1/2 cup of sugar into a large bowl. Pour the hot milk over them, and stir until butter is melted. Let the mixture cool to just above body temperature. Beat in the eggs, one at a time mixing well after each one, then stir in the yeast mixture. Add 3 cups of flour, and mix until well blended. Gradually mix in the remaining flour, mixing as well as you can. The dough will be sticky. Cover the bowl with a towel, and let rise in a warm place until doubled in size, about 1 hour.

After the dough has risen, punch down, cover, and refrigerate overnight.

Divide the dough into four pieces. Use one piece at a time, leaving the rest in the refrigerator. On a lightly floured surface, roll the piece of dough out into a 12 inch circle. Spread about 2 tablespoons of butter over the surface. Cut into 8 wedges, as you would a pizza. Roll each wedge starting at the wide end, and ending at the point. Place onto a lightly greased cookie sheet, and bend the ends so that they are crescent shaped. Cover with a towel, and let rise in a warm place until doubled. This will take about 2 hours because the dough is cold.

Preheat the oven to 375 degrees F (190 degrees C). Bake for 15 minutes in the preheated oven, or until golden.



INSURANCE SERVICES



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"The Pond"

An elderly man in Louisiana had owned a large farm for several years. He had a large pond in the back. It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some apple, and peach trees.

One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a five-gallon bucket to bring back some fruit. As he neared the pond, he heard voices shouting and laughing with glee.

As he came closer, he saw it was a bunch of young women skinnydipping in his pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked."

Holding up the bucket he said, "I'm just here to feed the alligator."

Some old men can still think fast.

ASSISTED LIVING WORD SEARCH

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Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

Centra Danville Medical Center Now Open



The Centra Danville Medical Center opened for business on September 26th at 8:00 am. Prior to the opening, Centra hosted an open house ribbon cutting event on September 25th at 2:00 pm. Centra and community leaders spoke, followed by a ribbon-cutting and light refreshments. Tours of the new facility will be provided to the community.

The new medical center will include primary care, urgent care walk-ins, laboratory services and specialties such as, cardiology, plastic surgery, sports medicine, urology, physical therapy and state-of-the-art imaging services including mammography.

The 48,000-square-foot building will serve as the consolidated headquarters for many of Centra's Danville practices and services. Centra Medical Group's PrimeCare (Main Clinic) on Enterprise Drive, Dominion on Exchange Street, Medical and Surgical Specialists on Executive Drive, and Rehabilitation and Sports Medicine on Airport Road will relocate to the new building and patients will be seen there beginning September 26th.

Centra Medical Group PrimeCare (East Clinic), located on Airport Road, will remain in its current location to continue providing care in the eastern section of Danville city and Ringgold. The facility has 10,000 square feet of shell space that could potentially house more providers, additional specialties or accommodate a growing patient population, if the need arises.

The new Danville Medical Center is located at 414 Park Avenue, Danville.



These dog breeds are especially compatible with seniors

Pets often make ideal companions. They are around when a person needs support, they can provide protection for those living alone, they're always willing to lend an ear to problems, and many tend to offer unconditional love. Seniors facing an empty nest or the loss of a spouse may find pets can buoy their spirits. Studies have shown that seniors can benefit both mentally and physically from having a pet around. Pets can alleviate anxiety, depression and boredom.

While pets can provide comfort and companionship, they remain a significant responsibility. Seniors should find an animal that will fit in with their lifestyles. This is an important consideration for those seniors who travel frequently or have mobility issues. In addition, men and women living in senior communities or assisted living facilities should determine if there are any pet restrictions in place.

Those seniors who have decided that a dog will be the best fit can choose among several breeds that may be a good match for their needs. When selecting a dog, consider both size and temperament. Smaller dogs tend to be easier to handle and will need less maintenance. They are easily carried and won't take as long to bathe and groom. Smaller dogs also consume less food than larger breeds, reducing the expense of dog food and the hassle of wrangling large, heavy bags of chow. Temperament is also important, as some breeds tend to be more easygoing than others. Larger breeds may be preferable to a smaller breeds, which tend to be hyperactive. However, always remember there are pros and cons to each breed, and each dog will demonstrate his own personality traits. The following are some dogs that can be especially compatible with seniors.

* Pug: Equally playful and willing to be a lap dog, the pug requires little exercise and grooming. The breed is typically nonaggressive and submissive. Pugs are good-natured and playful; they don't often bark and are easy to train.

* Shih Tzu: The Shih Tzu lives for attention, but this breed can be dominant and difficult to train. The Shih Tzu will be alert to its surroundings and, despite its small stature, can be a good watchdog.

* Pomeranian: Pomeranians look like big balls of fur and can bring a smile to an owner's face. The breed tends to be perky, can display dominance and can be difficult to train. Because Pomeranians can be dog-aggressive, they may be best as the only pet in the house.



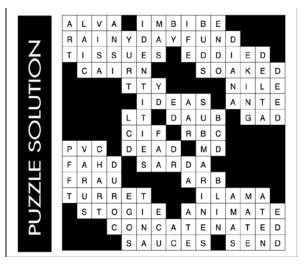
The loyalty and intelligence of Schnauzers makes them ideal companions.

* Yorkshire terrier: The Yorkie is a diminutive breed in size only, as they tend to have exuberant personalities that dwarf their stature. The ideal lap dog, Yorkies want to lie around and lounge, though some do like to bark. If the fur is kept short in a "puppy cut," the dog can be easy to maintain.

* Pembroke Welsh Corgi: This medium-sized dog hails from Wales and typically requires only moderate exercise and little grooming. They are easy to train and moderately dominant. They don't bark excessively, and they often get along with other dogs.

* Schnauzer: Available in three sizes, Schnauzers are good companions and protectors. This is an intelligent and loyal breed and will need to be kept amused to stave off bore-dom.

* Brussels Griffon: These dogs do not shed, but they will require professional grooming at least once every 3 months. If socialized early, the Griffon can be a good companion but will likely remain wary of strangers. They are good watchdogs and devoted to their owners.



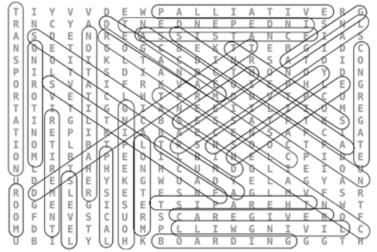


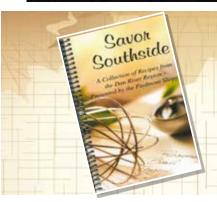
- 1. A nose ring and bifocals
- 2. Spiked hair and bald spots
- 3. A pierced tongue and dentures
- 4. Mini skirts and support hose
- 5. Ankle bracelets and corn pads
- 6. Speedo's and cellulite
- A belly button ring and a gall bladder surgery scar
- 8. Unbuttoned disco shirts and a heart monitor
- 9. Midriff shirts and a midriff bulge
- 10. Bikinis and liver spots
- 11. Short shorts and varicose veins
- 12. In-line skates and a walker
- 13. Thongs and Depends



I wonder where I left my keys, I wonder where I put my purse, wonder where my money went.







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When Grandpa drinks the Monster Energy Drink you were saving in the fridge





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For the truly young at heart!

NEVER TOO OLD

Herb Allen and his wife Jane have been singing love songs to each other for decades. This year, they wrote, performed and produced two albums. Herb is 89. Jane is 89.

91-year old Harriette Thompson ran the Suja Rock 'n' Roll San Diego Marathon in 7 hours, 7 minutes, and 42 seconds, breaking the U.S. record for the fastest time in her age group.

Satchel Paige, one of the best pitchers of all time, was still on the mound at age 59. When he walked off the field in his second last game, the fans lit matches and cigarette lighters and sang "The Old Gray Mare".

J.R.R. Tolkien was 62 when he published the first volume of "Lord of the Rings".

Noah Webster was 66 when he completed his "American Dictionary of the English Language".

In October of this year, Diane Kennedy, an American pioneer of Equine Therapy, threw some clothes into a backpack and bought a one-way ticket to Mexico, vowing to "go deeper" into the study of human behavior and return in six months with new programs to help wounded vets. She is 62.

At age 77, astronaut/Senator John Glenn once again flew into the wild blue yonder.

Tamae Watanabe climbed Mount Everest at the age of 73 ... for the second time.

Jessica Tandy won an Academy Award at age 80. Christopher Plummer won the Oscar at age 82.

Bertha Wood published her book "Fresh Air and Fun" on her 100th birthday.

Walt Disney opened Disneyland at age 54.

At 83, Doyle Brunson is still one of the world's best poker players.

How old are you? What are you going to do today?



At 91 years young, Florence Rigney, better known as "See See," gets up 2 to 3 days a week and drives herself to work. During the later part of World War II, "See See" started working as a nurse and has continued to do so since entering nursing school in 1943. Loved by all of her past and present co-workers, it's stated "See See" is a Force Of Nature and a joy to work with and learn from.

For over 70 years, she's prepped surgical areas, assisted many doctors and has cared for hundreds of thousands of patients at Tacoma General in Tacoma, WA. In 2016, "See See" was given the prestigious title of The Oldest Working Nurse In ALL Of America. She recalls Penicillin and Sulfa being introduced as medical uses at the end of WWII, which still play a major role in the medical industry, today. Thinking back to when she first began her nursing career, a position she held in Pediatrics, she is in awe of all the other changes and advances in medicine she's witnessed, since.

When asked whether retirement is in her future, she says 2017 might be the year, "I've been told I can work forever if I wanted to. I'm sure I'll get bored, so I'll have to volunteer or do something. I don't think I can sit at home and do nothing. You can only go out to lunch but so much."

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Act fast, the AEP is only October 15 - December 7th!

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Call Center Hours: Oct. 1 - Feb. 14, 8am - 8pm, 7 days a week

Piedmont Medicare Advantage is a PPO plan with a Medicare contract. Enrollment in Piedmont Medicare Advantage depends on contract renewal. The provider network may change at any time. You will receive notice when necessary. Piedmont Medicare Advantage plans are available to Medicare-eligible beneficiaries residing in the following counties in Virginia: Amherst, Appomattox, Bedford City, Campbell, Charlotte, Halifax, Lynchburg City, Pittsylvania, Prince Edward and portions of Bedford County (excluding zip codes: 24064, 24101, 24139, 24178 and 24179). Out-of-network/non-contracted providers are under no obligation to treat Piedmont Medicare Advantage members, except in emergency situations. For a decision about whether we will cover an out-of-network service, we encourage you or your provider to ask us for a pre-service organization determination before you receive the service. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. Piedmont Medicare Advantage complies with applicable Federal civilrights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Piedmont Medicare Advantage cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. Piedmont Medicare Advantage (는) 관련 연방 공민권법을 준수하며 인종, 피부색, 출신 국가, 면령, 장애 또는 성별을 이유로 차별하지 않습니다.

Low Income Home Energy Assistance Available Now

2016 Fuel Assistance Application Deadline Is November 14

RICHMOND, Va. (October 21, 2016) – Applications are now being accepted for the Virginia Department of Social Services' (VDSS) Low-Income Home Energy Assistance Program (LIHEAP). Through Monday, November 14, individuals may apply for fuel assistance at all local departments of social services and online.

The Energy Assistance Program, funded by the LIHEAP block grant, provides funds to states to assist low-income households in meeting their home energy needs. The program assists eligible households with the costs of home energy sources including electricity, natural and liquid propane gas, oil, kerosene, coal and wood. "LIHEAP provides a basic human need," said Margaret Ross Schultze, Virginia Department of Social Services Commissioner. "Without this program, thousands of Virginians would be vulnerable to freezing temperatures, unable to heat their homes."

To qualify for Fuel Assistance, the maximum gross monthly income for a one-person household cannot exceed \$1,287. For a household of four, the maximum gross monthly income is \$2,633. Last year, nearly 120,000 households received assistance.

Families and individuals can apply through their local department of social services office. To apply online or to check eligibility for services visit the CommonHelp website at: https://commonhelp.virginia.gov/access/.



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PRIMARY & URGENT CARE

Two of Centra Medical Group's Danville practices* – PrimeCare main clinic on 130 Enterprise Drive and Dominion on 110 Exchange Street – have relocated to the Danville Medical Center and come together to form a single primary and urgent care practice, Centra Medical Group – Danville, Providers include:

Gregory Alba, DO James Alig, PA Susan Dhivianathan, MD Maria Ibarra, MD Vinit Jalandhara, MD Rachel McGee, DO James Milam, MD Pradeep Pradhan, MD Laurie Taylor, FNP Charlotte Williams, NP

"Our PrimeCare east clinic at 404 Airport Road will remain at its current location.

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CENTRA

Danville Medical Center

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Monday – Thursday, 8 am – 5:30 pm Friday, 8 am – 12:30 pm

> To learn more about our services, call 434.857.3600 or visit CentraHealth.com