

Red Bird Times

FREE!

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Summer is here... let's have some fun!



The Sworn Enemy of Summer

Protect your fun in the sun from mosquitoes



65 percent of Americans use bug spray, although only 51 percent believe it works.



Human skin produces more than **340 chemical odors**, some of which attract mosquitoes.

The CDC recommends **removing standing water** where mosquitoes could lay eggs.



Mosquitoes limit the outdoor activities of **85 percent** of Americans.



Nearly two-thirds of Americans are concerned about mosquito-borne illnesses, including the Zika virus.



The mosquito biting season in the U.S. lasts **5-7 months**.

Mosquitoes hang like bats as they rest during the day under the **leaves of trees and shrubs**. Consider hiring a professional to spray those areas.



This survey was conducted online within the United States by Harris Poll on behalf of TruGreen from March 17-21, 2017 among 2,173 U.S. adults ages 18 and older. Illustration courtesy of Getty Images.

TRUGREEN
MOSQUITO DEFENSE

Red Bird Times

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'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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Why Exercise Is The Best Medicine For Your Brain

For anyone who knows me, you can tell I've changed a lot over the past year. Since May 2016 I have lost over 50 pounds! It started with simply watching what I was eating but before long it became clear that if I wanted to keep losing weight, I had to exercise as well. Exercise has many beneficial effects! Did you know that one effect of exercise is fighting off dementia?

Given time, any brain can succumb to dementia — memories fade, thoughts scatter, basic abilities wither on the vine. Brains don't come with lifetime guarantees, but there is one major step you can take to protect yourself from Alzheimer's or other causes of mental decline: Exercise your body.

An article recently published in the Los Angeles Times addresses this topic directly; excerpts from which are included here. "Nothing protects the brain quite like regular exercise," says Jennifer Heisz, a cognitive neuroscientist at McMaster University in Ontario, Canada. Not crossword puzzles, not supplements, not prescription medications. Exercise seems to beat them all, reducing the risk of Alzheimer's disease or cognitive decline by about 35% to 45%, according to the latest evidence.

"It's a strong message," Heisz says. "We have control over our dementia risk."

Here's another way to look at it: People who don't exercise as they age are

taking a gamble. In a study of more than 1,600 older adults published in January in the Journal of Alzheimer's Disease, Heisz and colleagues found that a lack of exercise was about as risky as having certain types of genes that raise the risk of developing Alzheimer's. Genes are forever, but exercise habits can change.

Heisz' study found that exercise didn't seem to prevent dementia in older people who carried the types of genes that make Alzheimer's more likely. She says that's probably because disease-related brain damage had already progressed past the point of no return. But if they had exercised in their 30s or 40s, she adds, some of them might have been able to delay or perhaps even prevent the disease. "It seems to be easier to prevent the damage than to reverse it," she says.

Exercise enhances the release of chemicals known as nerve growth factors that help brain cells function properly, say Teresa Liu-Ambrose, director of the Aging, Mobility and Cognitive Neuroscience Laboratory at the University of British Columbia in Vancouver, Canada. Nerve growth factors probably also help build new brain cells, giving the brain an extra cushion against age-related losses. Studies in rodents show that exercise encourages formation of new brain cells in the hippocampus, an organ in the medial temporal lobe of the brain that plays an important role in memory.

"It's like investing in a retirement fund for the brain," Liu-Ambrose says. Exercise enhances blood flow to the brain, which can help keep it healthy and nourished. Liu-Ambrose notes that exercise also helps prevent hypertension and diabetes, which are two major risk factors for dementia.

For reasons that aren't clear, exercise seems to be especially helpful for female brains, she says. That might make a good workout even more important because women are generally more vulnerable to Alzheimer's disease compared with men of the same age. According to the Alzheimer's Assn., two-thirds of Americans with the disease are women.

There's no particular type of exercise that seems to be best for the brain. Heisz notes that most of the subjects in her study walked three times a week. "It could be as simple as that," she says. About 2.5 hours of moderate to vigorous aerobic exercise every week would be a reasonable goal, she says.

"Even a 15-minute walk per day would be much better than doing nothing at all," Liu-Ambrose says. "People just need to do it."

Having seen the health benefits myself first-hand, I firmly agree that exercise is important to include as part of your routine! Towards that goal and as part of giving back to the elders in our community, our office now

offers "Yoga for Seniors", a FREE class held at the historic John D. Bassett Event Center / EMI Building in Bassett. Since April 5th, Every Wednesday morning more than 20 seniors gather at 10am for a session of yoga. The students participate from the mat, a chair or even a wheelchair! Our class is ideal for various fitness levels. These yoga practices are safe for health conditions common to seniors including osteoporosis, arthritis, heart disease, chronic pain and joint replacement. Yoga is a wonderful way to improve strength, range of motion and enhance balance. It is led by my Firm Administrator, and my wife, Cricket! She is a Certified Yoga Instructor and has completed specialized training in Integrative Yoga for Seniors from Duke University's Integrative Medicine program. Due to its popularity and demand, we are currently working to also bring such a program to Danville as well starting in July, so for more information on when and where this class will be held, be sure to read our column monthly for updates!

Remember, if you want to add exercise to your daily regimen, be sure to consult your physician first! 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
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Managing Attorney – Certified
in Elder Law by the National
Elder Law Foundation



WHAT WOULD MOTHER THINK?

Baby boomers, whose parents looked askance at 'moving in together,' are doing just that in their old age, according to the Association of Mature American Citizens.

The Pew Research Center reports that more seniors than ever before are cohabitating. In fact, Pew says that the number of unmarried seniors who are living together increased by a whopping 75% between 2007 and 2016. They do it for companionship and, of course, the financial benefits.

FINDING NEW WORLDS

The man some call the smartest man alive, Stephen Hawking, has a dire warning for us Earthlings: leave the planet before it's too late, reports the Association of Mature American Citizens.

The renowned wheel-chair-bound physicist and cosmologist has concluded that the world will end in 100 years and we need to "evacuate" the Earth and become a "multi-planetary" society if the human race is to survive.

HEIMLICH

The late Dr. Henry Heimlich created the Heimlich Maneuver in 1974. Since then, the simple technique for saving choking victims is estimated to have saved tens of thousands of lives, according to the Association of Mature American Citizens.

Heimlich died of a heart attack in December at the age of 96. Despite the fact that he taught and demonstrated the procedure countless times throughout his life, he almost never got to actually use it himself. But his opportunity came in the last year of his life in the dining room of the senior living facility where he lived when a fellow resident began to choke during dinner.

DEBUNKED

Sad news for the 40% of Americans who believe in ghosts: they don't exist, says the Association of Mature American Citizens. According to Professor Brian Edward Fox he was able to debunk the notion that there's a spirit world out there using the world's largest and most powerful particle accelerator.

The accelerator is located at the headquarters of the highly regarded European Council for Nuclear Research founded in 1954 and located near Geneva on the Swiss-French border.

RETIREMENT AIN'T WHAT IT USED TO BE

In the good old days dreams of retirement almost always had us picturing a place where heavy coats were not required, where you could bask in the warmth of the sun and had all the time in the world to do just that. But, as we got closer to the day when we thought we could make those dreams come true the, economic realities of growing old rudely awakened us, according to the Association of Mature American Citizens.

The fact is that in this day and age not many of us old timers are confident that we can afford retirement, says AMAC.

A new survey conducted by the Employee Benefit Research Institute found that too many of us who are still in the workforce are stressed at the thought of retirement yet we "are not taking steps to prepare for it." The poll also concluded that there is a great deal of financial insecurity in the workplace causing workers to have lower levels of retirement confidence.

WE ALL LIKE DISCOUNTS

Too many older Americans lose out on discounts when they shop or go to a restaurant or a movie because they fail to ask whether they are entitled, says the

Association of Mature American Citizens. But, 59-year-old entrepreneur Steve Mitchener says his new cell phone app automatically notifies you of available discounts.

The app is called Skiddy and it uses GPS technology to alert you when a discount is offered. You'll hear a "ping" when you walk into any of the 260,000 businesses that are currently programmed into the Skiddy application. And, he says he has a team that is constantly looking for new establishments that offer discounts to the over-50 set.

TAKE YOUR MEDICINE

Whether it is a visit to out-of-town family and friends or a grand tour, more seniors than ever before feel up to taking a trip, but they should take precautions, says the Association of Mature American Citizens.

Top of the list, says AMAC, is to make sure you bring along enough of the medications you take and then some. In fact, make a list of your prescriptions just in case there is an unexpected travel delay and need refills.

NO MORE TEACHERS' DIRTY LOOKS?

You're a grown up now. In fact, you are a senior citizen with a good job. But, in some parts of the world, it doesn't mean you won't have to get up early to go to school, says the Association of Mature American Citizens.

In fact, it may soon be "mandatory" that you go back to school if you are an adult Dane, Iclander, Finn, Swede or Norwegian. The Nordic Council of Ministers is considering a proposal that would require "adult and continuing training for everybody in the labor markets"

A PLEASANT AROMA

Fee Fi Fo Fum, I smell the delightful aroma of a senior citizen! The Association of Mature American Citizens reports that a study conducted by Dr. Johan Lundstrom at Philadelphia's Monell Chemical Senses Center, found that the older you are the better you smell.

In fact, the 75 to 90 year old participants in the study were judged have more pleasant underarm odor than young and middle-aged adults.

Coloring for Relaxation



DINE OUT WORD SEARCH

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

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

WORDS

A LA CARTE
 APPETIZER
 BAR
 BEVERAGES
 BILL
 BREAKFAST
 BUS
 BYOB
 CHEF
 COUPON
 COURSE
 CREDIT
 CUISINE
 DESSERT
 DINER
 DINNER
 DISCOUNT
 EVENING
 FAMILY STYLE
 GRAND OPENING
 HOSTESS
 LUNCH
 MENU
 PARTY
 PATRON
 PAYMENT
 RESERVED
 RESTAURANT
 REVIEWS
 SAMPLE
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 TABLE
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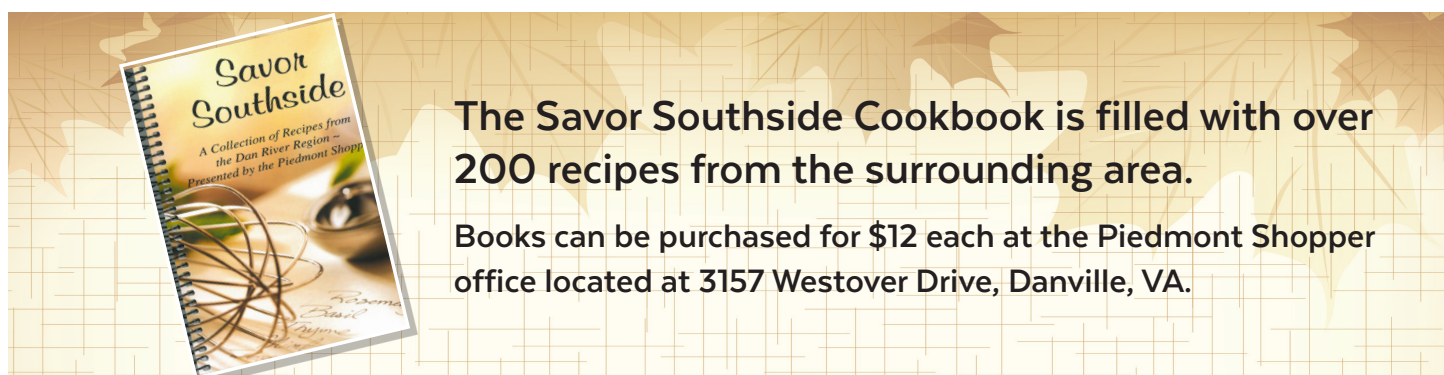
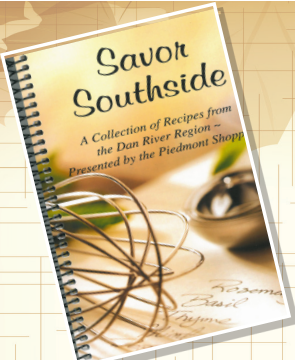
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The Savor Southside Cookbook is filled with over 200 recipes from the surrounding area.

Books can be purchased for \$12 each at the Piedmont Shopper office located at 3157 Westover Drive, Danville, VA.



Heartstrings

by: Elsee

Email any comments, suggestions or questions to elsee53@gmail.com

June is for Dad's Everywhere

I wrote my first Father's Day article in June of 2010 for the Piedmont Shopper. I will be using parts of it this year. I must add things have changed immensely since then as my Father passed on Jan. 9, 2015 and he left a void that is still ever present today.

The following is an excerpt from June 2010. "What is a Father? What are some important characteristics of being a father? From a personal perspective, I believe that a Father is a Protector to his family as he does everything in his power to keep them safe and free from harm. He is also a Provider as he works long, hard hours to assure that his family has what they need. He sees to it that his family is fed, clothed and has a roof over their heads. He is a Role Model to both his daughter/s and son/s. To his daughters, he is the first man that they love and adore and this is carried on throughout their lifetime despite them getting married and having a husband. After all, Dad was the first man that entered their life and will always hold a special spot in their hearts. I believe I speak for my 6 sisters and myself when it comes our Father. Then to his son/s he is a truly a role model as they grow up wanting to emulate their Father. To his son/s he is a Superhero of sorts in that he is all-powerful and perhaps the strongest man in the world. Next, a Father is a Teacher as he teaches his children how to catch a ball, play a musical

Instrument, and the difference between making good vs. bad choices. We, as adults still learn from our Fathers our entire life as we turn to him for his fatherly advice and words of guidance. It seems like "Father Knows Best" was NOT just a T.V. program but also a very true title in his children's opinion.

These are just a few out of thousands of descriptors that describe what Fathers are. Aside from that, I believe that the best trait that a man can possess is that he never stops giving his children the element of TIME. One hour of playing with his kids, reading with them, or just involving them in his own interests are ways of giving of himself while his children are growing up. I love the quote, "Any man can be a Father but it takes someone special to be a DAD!" To me there are no truer words ever written. I feel this should be the goal every man: to go that extra mile for his family and not only be a Father but more important a Dad/Daddy. "

I am a fan of the late Erma Bombeck and all her books and writings. This one has always stayed with me and I read it every year especially the past two since the passing of my Dad. I'd like to share this with you.

When God Created Fathers

When the good Lord was creating fathers, He started with a tall frame. A female angel nearby said, "What kind of father is that? If you're going to make children so close to the ground, why have you put fathers up so high? He won't be able to shoot marbles without kneeling, tuck a child in bed without bending or even kiss a child without a lot of stooping."

...And God smiled and said, "Yes, but if I make him child-size, who would children have to look up to?"

And when God made a father's hands, they were large and sinewy. The angel shook her head sadly and said, "Do you know what you're doing? Large hands are clumsy. They can't manage diaper pins, small buttons, rubber bands on ponytails or even remove splinters caused by baseball bats."

And God smiled and said, "I know, but they're large enough to hold everything a small boy empties from pockets at the end of a day, yet small enough to cup a child's face."

And then God molded long, slim legs and broad shoulders.

The angel nearly had a heart attack. "Boy, this is the end of the week, all right." she clucked. "Do you realize you just made a father without a lap? How is he going to pull a child close to him with the kid falling between his legs?"

And God smiled and said, "A mother needs a lap. A father needs strong shoulders to pull a sled, balance a boy on a bicycle or hold a sleepy head on the way home from the circus."

God was in the middle of creating two of the largest feet anyone had ever seen when the angel could contain herself no longer. "That's not fair. Do you honestly think those large boats are going to dig out of bed early in the morning when the baby cries? Or walk through a small birthday party without crushing at least three of the guests?"

And God smiled and said, "They'll work. You'll see. They'll support a small child who wants to ride a horse to Banbury Cross or scare off mice at the summer cabin or display shoes that will be a challenge to fill."

God worked throughout the night, giving the father few words but a firm, authoritative voice and eyes that saw everything but remained calm and tolerant.

Finally, almost as an afterthought, He added tears. Then He turned to the angel and said, "Now, are you satisfied that he can love as much as a mother?" The angel shutteth up.

Author: Erma Bombeck

In closing I'd like to say, If you still have your loving father here with you, turn your eyes upward and Thank God for him. It's simple be thankful and just LOVE him not just today but everyday!! Yes, while the cards and gifts that come his way are important, what he would appreciate more is the reciprocation of the time that he gave you during all those years you were growing up. It's easy, sit and talk, laugh, and even cry together for these are the moments that will remain imprinted on his heart forever. Happy Father's Day to every father out there and especially to my own Father in Heaven.

Ballou Recreation Center

760 West Main Street
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(434) 799-5216



SPECIAL EVENTS:

Singing Karaoke at Ballou

Friday, June 2, 2 p.m. – 4:30 p.m.

There is no fee. Call (434) 799-5216

Bob Ross Painting Classes

Saturday, June 3, 10:30 a.m. – 3:30 p.m.

Please bring a roll of paper towels and a 16 x 20 canvas. All other supplies are included. Adults 18 and over. Cost \$70 per person. Call (434) 799-5216.

Welcome to Medicare Seminar

Ballou Nature Center

Monday, June 13, 5:30 p.m.

The seminar is provided by Humana and includes dinner. There is no cost. Call (434) 799-5216.

Basket Weaving

Tuesday, June 13, 1 p.m. – 4 p.m.

Must pre-register due to limited seats. Cost \$35 per person. Call (434) 799-5216

Diabetes Education Class

Wednesday, June 14, 11:30 a.m. – 1 p.m.

Sponsored by Sam's Club Pharmacy. Pre-registration is required due to limited seats. No fee. Call (434) 799-5216

Deco Wreaths

Thursday, June 15, 6 p.m. – 8 p.m.

Must pre-register due to limited seats. Cost \$30 per person. Call (434) 799-5216.

Senior Citizens Club

Thursday, June 15, 12:00 p.m.

Join the Senior Citizens Club for a monthly cover dish luncheon. It's open to age 50 years and older. Meetings are on the 3rd Thursday of the month. There is no fee. Call (434) 799-5216

AARP Smart Drivers

Thursday and Friday, June 29 and 30, 10 a.m. to 2 p.m.

Refresh your driving skills with Smart Driving course from AARP, specifically designed for those over 50. Register by call-

ing (434) 799-5216. Fee for AARP members is \$15 and \$20 for non-members. Bring cash or check payable to AARP.

TRIPS:

Fairy Stone State Park

Thursday, June 15, 8:45 a.m. – 2 p.m.

Cost \$6 per person. Call (434) 799-5216.

Greensboro Science Center (Trip for Grandparent and Grandchild)

Friday, June 30, 9:15 a.m. – 4:30 p.m.

Explore creatures big and small at the Greensboro Science Center.

After our wonderful visit, lunch will be at Stephanie's Restaurant. Participants are responsible for paying for their own lunch. Must pre-register by June 23 due to limited seats. Please be sure to wear comfortable clothing and shoes. Cost \$22 per person. Call (434) 799-5216.

PROGRAMS & CLASSES:

Adult Coloring

Every Wednesday, 11:00 a.m.

Class meets each Wednesday at 11:00 a.m. No cost. Coloring sheets and coloring pencils are provided or you may bring your own supplies. Bring a snack or bag lunch. There is no fee. Call (434) 799-5216.

Beginners Piano Lessons

Every Friday, 9 a.m. – 10:30 a.m.

Would you love to learn the techniques of playing the piano? Join Mr. Charles Oliver as he helps you understand the basics of piano playing. \$10 per person for eight lessons. Call (434) 799-5216.

Jammers

Every Thursday, 3 p.m. – 5 p.m.

Join the Jammers for an acoustic jambo-ree, bring your stringed instruments and have fun or just come and listen. There is no fee. Call (434) 799-5216

Ballou Choir

First Tuesday of each Month, 11:15 a.m. – 12:30 p.m.

The choir is in need of male singers especially. Practices are held on the first Tues-

day of each month. Call (434) 799-5216

OWLS Fitness Hour

Every Monday, 9:30 a.m. – 11:00 a.m.

\$2 per class. Call (434) 799-5216

Wednesday Fellowship

Every Wednesday, 11 a.m. – 1:30 p.m.

A great time of fellowship among seniors! Bring a bag lunch. Transportation can be arranged through Mass Transit (434) 797-8994. There is no fee. Ages 50 and over. Call (434) 799-5216

Tai Chi with Wyona

Ballou Recreation Center

Mondays – 11:15 a.m.-12:15 p.m. & 5:45 p.m.-6:45 p.m.

Wednesdays – 3:30 p.m.-4:30 p.m.

Cost \$6. Call (434) 799-5216.

Tai Chi with Paul

Ballou Nature Center

Wednesdays – 3:30 p.m.-4:30 p.m.

Thursdays – 11:15 a.m.-12:45 p.m.

Cost \$6. Call (434) 799-5216.

Prime Time Fitness

Every Tuesday and Thursday, 9:30 a.m. – 11 a.m.

\$2 per class. Call (434) 799-5216

Let's Dance

Every Tuesday, 7 p.m. to 8:30 p.m.

Adults 18 and over. \$4 per class or \$21 for six classes. Call (434) 799-5216.

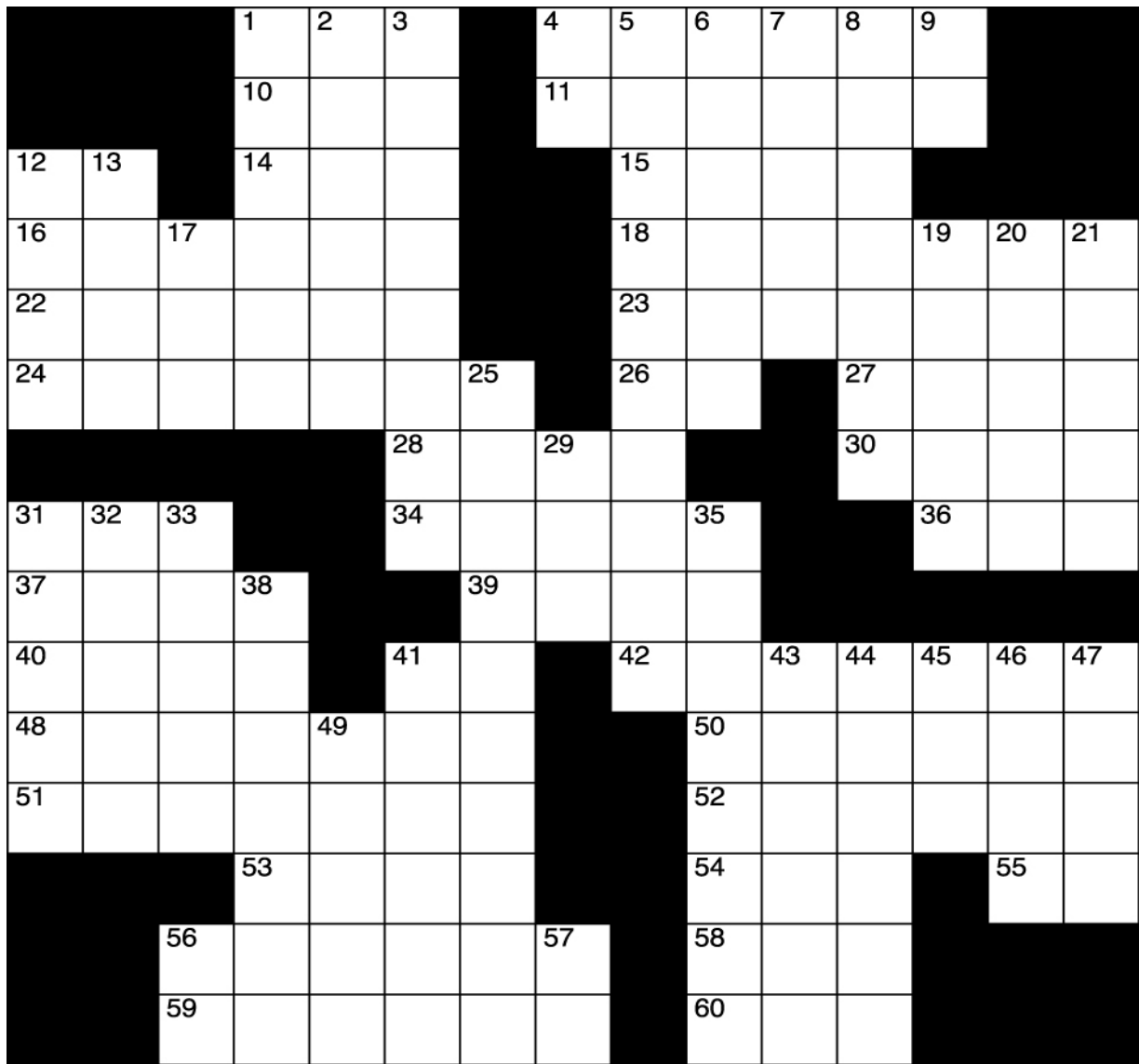
Friday Night Fun and Dance

Every Friday, 7 p.m. – 10 p.m.

Sponsored by the Ballou Recreation Center Council on Aging Youthfully. Doors open at 6:30 p.m. Ages 50 and over. Cost \$5 per person. Call (434) 799-5216.

Art w/ Flo Painting Classes

Flo Haynes will teach her students the wet on wet technique of oil painting. You can learn to capture on canvas people, places and things in your life. Flo's classes are held Wednesday mornings, from 9:30 a.m. – 11:30 a.m., at the Glenwood Community Center or Thursday mornings from 9:30 a.m. – 11:30 a.m., at the Ballou Annex. New students are always welcome. Adults 18 and over. Cost \$31.50 per person. Call (434) 799-5216



CLUES ACROSS

1. Neither
4. Edema (archaic)
10. Geological time
11. Confidence
12. Cerium
14. Virtual audio cable
15. World's longest river
16. A way to inform
18. Agents of one's downfall
22. Secretly follow
23. Put into a position
24. Of the desert
26. And (Latin)
27. Spanish city
28. Over there (archaic)
30. Regard
31. Midway between south and southeast
34. Entrap

36. Married woman
37. A place to explore
39. Assist, usually in some wrongdoing
40. Arab ruler
41. Centiliter
42. To which
48. "The Friendly Island"
50. Inspire with love
51. Being cheeky to
52. Up
53. Middle Eastern country
54. Compass point that is one point north of due east
55. Thus
56. Covered
58. Brew
59. Enter hostilely
60. Type of bulb

CLUES DOWN

1. American state
2. Speaker
3. Courses for cars
4. Deutschmark
5. Beloved "Dubliner"
6. Countries of Asia
7. Hands have them
8. Came down as ice pellets
9. Thou
12. Utter obscenities
13. Hebrew unit of measurement
17. Morse code term
19. Home to the witch trials
20. One who is older
21. Closes violently
25. Unaffiliated
29. Tag the runner
31. Trickeries
32. Polynesian island group
33. Immoralities
35. Extremely delicate
38. Gradual destruction
41. North American country
43. Provide the means to do
44. Fell down on
45. Emergency medical services
46. __ the line
47. Church booklet
49. Russian ballet
56. Hello
57. Delaware

What folks are doing...

HOLIDAY VILLAGE, DANVILLE



Holiday Village residents would like to salute Piney Forest Health & Rehabilitation Center for the community service they do each month by coming to the facility for blood pressure checks. The residents have really come to acknowledge Rebecca Motley, Admission Director and Linda Hinton, CNA as family. Sitting is Linda Hinton, CNA, left to right is Ann Doolin, Juanita Hill, Billy Combs, Rebecca Motley, Admission Director and Clovis Shelton. Thank you Piney Forest Health and Rehab.

BROOKDALE, EDEN

Our Budding Artist Latest Masterpiece.
"Birds of a Feather Stick Together "



BROOKDALE, DANVILLE

Our 2017 Prom King and Queen!
Congratulations Bob and Millie!



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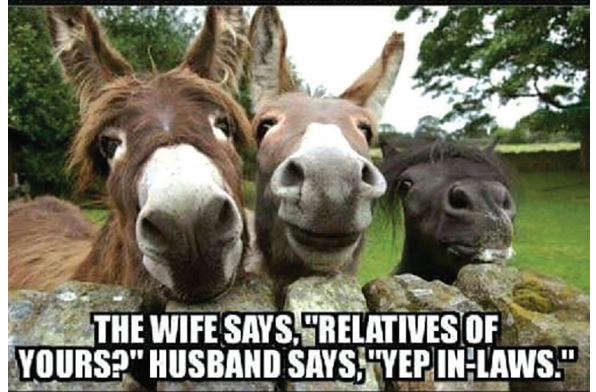
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How to Hire a Home Helper

Dear Savvy Senior,

I would like to hire a personal assistant/home helper for my mom to assist with some simple household chores like house keeping, errand running, driving her to the doctor, and keeping her company. But mom doesn't require personal/physical caregiving nor does she require any home medical care. Any tips to help us find someone?

Looking for Mom

Dear Looking,

Getting your mom some help at home to handle some of her household chores can make a big difference keeping her independent longer. Here's what you should know, along with some tips to help you find someone reliable for your mom.

Home Helpers

For seniors who could use some help at home – but don't need a caregiving aide for personal care – there are a bevy of personal assistance/home helpers out there that can help make life a little easier.

Most home helpers can assist with any number of things like shopping, running errands, transportation, light house keeping, laundry, meal preparation, arranging services (home maintenance, lawn care, etc.) and other household chores, along with providing companionship and support. And, if your mom gets to the point she needs personal/physical care like bathing or dressing, they can usually help with this too.

Most home helpers are part time work-

ers who work a few hours a day or a few days per week. You also need to know that while Medicare does cover home health care services if a doctor orders it, they do not cover home helper/personal assistant services.

There are two ways in which you can go about hiring someone for your mom; either through a home care agency, or you can hire someone directly on your own.

Home Care Agency

Hiring a home helper through a non-medical home care, or non-medical companion care agency is the easiest, but most expensive option of the two. Costs run anywhere from \$12 up to \$30 an hour depending on where you live and the qualification of the assistant/aide.

How it works is you pay the company, and they handle everything including assigning appropriately trained and pre-screened staff to care for your mom, and finding a fill-in on days her helper cannot come.

Some of the drawbacks, however, are that you may not have much input into the selection of the aide, and the helpers may change or alternate, which can cause a disruption.

To find a home care agency in your area, Google “non-medical home care” followed by the city and state your mom lives in, or you can use Medicare's home health agencies search tool [Medicare.gov/hhcompare](https://www.medicare.gov/hhcompare). Most home health agencies offer some form of non-medical home care services too. You can also check

your local yellow pages under “home healthcare services.”

Hiring Directly

Hiring a personal assistant/home helper on your own is the other option, and it's less expensive. Costs typically range between \$10 and \$20 per hour. Hiring directly also gives you more control over who you hire so you can choose someone who you feel is right for your mom.

But, be aware that if you do hire someone on your own, you become the employer so there's no agency support to fall back on if a problem occurs or if the assistant doesn't show up. You're also responsible for paying payroll taxes and any worker-related injuries that may happen. If you choose this option make sure you check the person's references thoroughly, and do a criminal background check.

To find someone, ask for referrals through friends or check online job boards like [Piedmontshopper.com](https://www.piedmontshopper.com), or try [Care.com](https://www.care.com), [CareLinx.com](https://www.carelinx.com), [CareFamily.com](https://www.carefamily.com) or [CareSpotter.com](https://www.carespotter.com).

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



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It's easy for families to put off estate planning and asset protection until "tomorrow." If we could predict the future, we would know exactly when incapacity or death would occur and plan for it. Unfortunately, we do not know what the future might hold and thus we must act now, not "tomorrow", to plan for the unexpected and the eventual.

This is why our law firm has joined the National 5@55 Campaign! The campaign seeks to educate the public and help you begin to put your plan in place. Contact The Estate & Elder Law Center at **855-503-5337** for more information on the 5 documents everyone needs!

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What's Cookin'?

The Best Macaroni Salad Recipe

Ingredients:

- 1 pound elbow macaroni or other small pasta
- 1 1/2 cups mayonnaise
- 1/4 cup sugar
- 3 tablespoons white vinegar
- Salt and freshly ground pepper
- 2 cups shredded cheddar cheese
- 8 ounces ham, diced
- 4 hard-boiled eggs, sliced
- 6 slices bacon, fried and crumbled
- 5 stalks celery, sliced
- 1 cup chopped broccoli
- 1 red pepper, seeded and diced
- 4 scallions, sliced

Directions:

In a large pot, bring 4 quarts water and 1 tablespoon salt to a boil. Add pasta and cook until tender, about 10 to 12 minutes. Drain well and rinse with cold water.

Meanwhile, in a small bowl whisk together mayonnaise, sugar, vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Set aside.

Pour pasta into a large bowl. Add cheese, ham, bacon, eggs, celery, broccoli, pepper, and scallions. Stir to combine.

Add most of the salad dressing and toss until evenly coated, reserving a small amount to refresh the salad if it needed.

Notes:

All components (including the dressing) can be assembled ahead of time such as the night before. Just toss everything together in a large bowl right before serving.



The Story of a Quilt

Feared it was lost forever, this quilt found it's way home...



On March 8th, 2017 Rachel Bowen laid out some things for her son to take to one of the Goodwill locations in Danville, VA. Not long after, she realized that something very special to her was in taken with that donation pile by mistake-her handmade Log Cabin quilt-started by her grandmother, and finished by friends, just for her.

Devastated, she reached out to the community by all means necessary-Facebook, flyers, news stories, and her story was shared statewide:

"\$500 REWARD!!!!

Please help me, Facebook. I just realized that my son took this quilt to Goodwill by mistake on March 8. The top was made by my grandmother and it was finished and given to me by some of my best friends last year. The back is covered in a butterfly fabric and has my name embroidered, plus my mom's, grandmother's, and the friends who gave it to me. I am beyond devastated. I thought it was just in another room but went to get it tonight and that's when I realized it was gone. It was folded on the end of my chaise and I had some things sitting there for Grant to take to Goodwill. I never dreamed he would pick it up too. I have cried nonstop since I realized it is gone. Please please share everyone. It was taken to the Goodwill on Westover drive in Danville, Va. but could've been sent to any of the goodwill stores. The square with the names could possibly have been removed. If anyone has seen it or if someone purchased it, please, I will buy it from you. It is beyond priceless to me, because both my mom and my grandmother are in Heaven now. Please Facebook help me with this. I am heartbroken.

BY: MICHELLE FREEMAN

At one point, her post had been shared over 28,000 times. Rachel stated in a Facebook post:

"I wish I could thank each and every one of you individually and give you all a hug. Even if I never get my quilt back, I will never, ever forget the kindness and compassion you guys have shown me. God is definitely at work here. Thank you all again, from the bottom of my heart. And please keep sharing and praying if you don't mind. God bless you all."

And she was right. God was at work, and a large community of people were helping to get the word out. Even with the extensive help for the community, the search for the quilt was not without disappointments. She would get a message of a possible sighting of the quilt, only to find that it wasn't in fact hers. When something is donated to Goodwill, you never know at which location it will end up, so even with something as original as a handmade quilt, the search still seemed like looking for a needle in a haystack. In her next post about the quilt, Rachel stated that the employees of Goodwill had been working behind the scenes to try and locate the quilt-but the probability of it already being out and sold was very high, and requested that her friends just keep praying that the right person will see her plea.

And she did.

On April 12th, Rachel received a call from the Goodwill in Blackstone, VA.

"GOD IS SO GOOD!!!

The Goodwill in Blackstone called me a few hours ago, and this sweet, wonderful lady had came into their store to shop, saw my flyer, and immediately told the manager, "could you please call this lady, I think I have her quilt."

So, I am now on my way back from Victoria, Va. with my beloved quilt in my lap. I just can't believe it

God always has a plan. The awesome lady who had my quilt is in desperate need of a new car. She told me "I've spent \$500 on my car in the last month trying to keep it going." It's obvious to me that God orchestrated all of this. I am so very glad that I was able to help this woman, because she gave me something back that is worth way more than any amount of money.

Thank each and every one of you from the bottom of my heart. For every share, comment, message, and call. This has shown me that there are so, so many wonderful people in this world. Most of the people who shared my post have never even met me. It is truly humbling. I am so undeserving of all the kindness everyone has shown me. Much love to everyone and God Bless You."



And the story doesn't end there. Rachel was so touched by Sandra Knight's willingness to come forward, and wanted to return the kindness that had been shown to her. So she started a GoFundMe page in order to help with some of the financial burden her car troubles had caused. In May, Rachel presented Sandra with a \$4800 check, as well as a quilt to replace the one she had returned-made out of kindness by Margaret Shelton.

The video of the presentation spread around Facebook, and was certainly a tear jerker. Sandra kept exclaiming: "The Lord knew I needed this!"

Rachel's family heirloom is now safely at home where it belongs, and Sandra has the means to replace her vehicle. What seemed to start out as a mistake, turned into an answered prayer.

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Bible Story Time

Gatewood Baptist Church
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Pastor Adrian Moore

Genesis 22:1 - 19

In this story, we find one of the most difficult commands that God ever gave to any man. Abraham's son of his old age, the promised seed through which a great nation would be born, was to be taken to Mount Moriah and sacrificed there. We certainly find this to be a hard to understand directive and on the surface makes no sense to us. But, Abraham obeyed God, taking his son Isaac on a three day journey to do what God had told him to do.

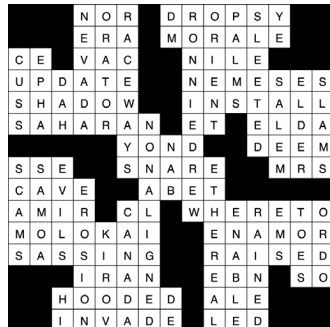
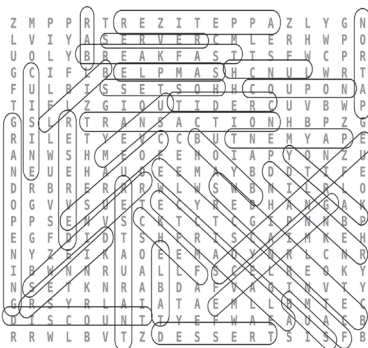
There are times when we cannot see the ending of something from the beginning, but God knows. God already had a lamb provided for a sacrifice to take the place of Isaac. This is a type of how Jesus Christ is our sacrifice, for he took our place. Before the foundation of the world, God had provided himself a lamb. Before we are quick to point the finger at God for this command given to Abraham, remember that the Father spared not his only begotten Son, but allowed him to die for us on the cross of Calvary. Obey God. Do His will. Let God work out the details.

A thought to consider:

God has a plan for the completion of His will in our lives. Even if it is hard, it will work to your good and His glory.

Read the story, it will bless you.

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AM I GETTING OLD?

I am reading a book I know I have read before. I don't remember reading it. I don't remember the beginning, the middle or the end.

But I know I have read it before.

Am I getting old? Is that a good thing or a troubling thing?

"A twenty-three year long study in Ohio determined that people who saw growing older as something positive lived seven and a half years longer than those who didn't." Victoria Moran

Once was the time of endless hours in my yard - mowing, edging, planting, weeding, watering, nurturing - without a thought of resting. These days I find myself more in the lawn chair than out.

Am I getting old? Is that a good thing or a worrisome thing?

"Rest is not idleness, and to lie on the grass under the trees on a summer's day, listening to the murmur of water or watching the clouds float across the blue sky is by no means a waste of time." John Lubbock

When I daydream, I find myself wandering deeper and deeper into the past. Old loves, won and lost; old victories, old defeats; old paths taken, old paths that perhaps should have been taken. Yesterday.

Am I getting old? Is that a good thing or a disquieting thing?

"To be a half century plus is wonderfully exciting, because I haven't lost any of my past and I am free to stand on the rock of all that the past has taught me as I look to the future." Madeleine L'Engle

I had lunch not long ago with a childhood sweetheart I hadn't seen since, well, childhood. She spent a good deal of the time marveling at my hair. "It's so white! I mean, it's not just white, it's white white!"

Am I getting old? Is that a good thing or an annoying thing?

"Just 'cause there's snow on the roof doesn't mean there's not a fire inside." Bonnie Hunt

I refuse to listen to dark bass, air pop, conspiracy rock, hip hop, rap - whatever they consider music today. Gimme that old time rock 'n roll. My favorite song of all time is still My Girl (The Temptations/1965).

Am I getting old? Is that a good thing or a scary thing?

"Some guy said to me: Don't you think you're too old to sing rock 'n roll? I said: You'd better check with Mick Jagger." Cher

It comes down to a choice: you can decide to be old no matter how old you are or you can decide to be you - no matter how old you are.

"Old is when you quit asking questions about this, that and everything. Old is when you forget how to love - or worse, don't care. Old is when you don't want to dance anymore. Old is when people tell you that you are old - and you believe them." Carew Papritz

I am reading a book I know I have read before. I don't remember reading it. I don't remember the beginning, the middle or the end. But I know I have read it before. It must have been good because here I am, reading it again.

"Some day you will be old enough to start reading fairy tales again." C.S. Lewis

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Giving to the Next Generation



(Family Features) From self-expression to self-direction, there are countless ways to age out loud. Some of the most rewarding ways for older adults involve passing on experiences, wisdom and skills to others.

Everyone has something to share, and these ideas from the Administration of Community Living can help you get started.

Mentor. Use professional or personal experiences to guide a child, young adult or peer. Example: Visit Senior Corps at nationalservice.gov to learn about becoming a foster grandparent.

Volunteer. Put skills to use while giving back to your community. Example: Sign up to collect food or clothing donations, serve meals at a local soup kitchen or help older adults with daily tasks at home, such as paying bills.

Teach. Impart expertise via formal or informal education and tutoring opportunities. Example: Check with local schools that may need reading, math or science tutors.

Speak. Sign up for speaking engagements, paid or unpaid, as well as storytelling events. Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.

Engage. Visit a senior center or organize a gathering focused on connecting with others. Example: Book clubs attract participants of all ages and encourage the exchange of ideas.

Write. Pen an article, op-ed or even a book to communicate wisdom and lessons learned. Example: Start with something you know the most about, such as a career, hobby or historical event, and submit a column to your local newspaper.

Create. Pick a medium and use art to express yourself and share your perspective. Example: Paint, draw, sculpt, play music, dance, make crafts - whatever suits you.

These ideas and many others can help amplify the voices of older Americans and raise awareness of vital aging issues in communities across the nation. Find more ideas at oam.ACL.gov.