

# Red Bird Times

**FREE!**

©2018



*Never too old for fun!*



*Caring for Life*

## CHATHAM HEALTH & REHABILITATION CENTER

100 Rorer Street (off of Evergreen Rd.) • Chatham, VA 24531 • 434.432.0471

Please contact Heather Smith, Admissions Director at 434-221-8841



- Skilled Nursing Services
- Physical, Occupational, Speech and Respiratory Therapy
- Specialization in Orthopedic Rehabilitation, Joint Replacement Recovery, Post Acute Cardiac and Stroke Therapy
- Private Rooms, Luxury Amenities and Fine Dining Services
- Long Term beds available, limited availability.

*"The staff is so caring and loving. The amount of love and care they give to their patients is excellent and we could not have been more pleased."*  
- Donna Jones



This 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coiffed and makeup perfectly applied, even though she is legally blind, moved to a nursing home yesterday. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room .... just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice;

I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of

bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away, just for this time in my life."

She went on to explain, "Old age is like a bank account, you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories Thank you for your part in filling my Memory bank. I am still depositing."

And with a smile, she said: "Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less, & enjoy every moment.

PHOTOGRAPH BY KARSTEN THORMAEHLIN

# Red Bird Times

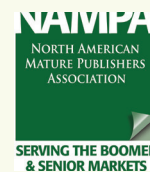
A publication of Piedmont Publishing, Inc.  
Publisher & Editor, Kathy Crumpton  
© 2018 All rights reserved

Contents may not be reproduced in whole or in part without written permission from the Publisher

Share us with a friend!

RBT is published 12 times a year and is available by subscription for \$20.00 per year.

Send check or money order to:  
Red Bird Times  
3157 Westover Dr. • Danville, VA 24541



### Contributors

LAURA COVINGTON  
ROBERT W. HALEY

To place an advertisement, call  
Lisa Greer  
434.250.2001  
or email:  
lisagreer06@gmail.com

info@redbirdtimes.com | 434.822.1800 | www.redbirdtimes.com



Join us on Facebook



## Let's Talk About The Differences Between Guardianship And Power Of Attorney

We receive calls every week from families caring for a loved one whose health is starting to deteriorate, asking about getting a Power of Attorney. Sadly, far too often in the case of those suffering from Alzheimer's or dementia, most had not done any estate planning documents prior to their worsening condition and by this point may have lost all capacity to sign legal documents! What can be done in instances where no estate planning was put in place ahead of time? The answer is often a guardianship.

By definition of the law, a guardianship is a legal relationship in which an entity or a person is named in a will or is appointed by the court to make decisions for another. One example would be in the case of minors and adults who have become incapable of taking care of their personal needs and can no longer make decisions on their own.

It is also referred to as a conservatorship on occasion, but the term "guardianship" is more frequently used. In the case of minors, the guardianship will apply until he or she is 18 years old. Any family member or close family friend can petition the court for guardianship or a government agency can petition for it.

This is also true in the case of incompetent adults, but the person or ward can select the person that he wants to be his guardian. The judge will take this into consideration before granting the guardianship. After the guardianship is obtained, the ward cannot revoke the guardianship. However, there are cases wherein temporary guardianship is given which can be terminated after achieving a certain purpose. Guardians make all decisions for and on behalf of their wards but must not benefit from transactions made for his ward.

A guardianship is meant to ensure that a minor or an incapacitated adult receives all

the necessary care he needs. Every decision that a guardian makes on behalf of his ward must be for the benefit and well-being of his ward.

A power of attorney, on the other hand, is a written, legal document wherein an individual called "the principal" appoints another individual called "the agent" to act on his behalf; authorizing the agent to make transactions for the principal.

Usually, a power of attorney is made when a principal sees that he is becoming unable to handle some of his affairs. This is usually done when he becomes ill or has been in an accident, or when he goes out of town and there are financial transactions that have to be done in his absence. This type of planning should all be done with an eye towards planning for the future, and avoiding possible incapacity. It is a written agreement between the agent and the principal whose consent is necessary for the power of attorney to take effect. Should the principal see that the power of attorney is no longer needed, he can revoke or terminate it at any time.

The power of attorney documents produced by our firm are two separate documents: **Durable** (for financial matters) and **Healthcare** (for medical and health-related matters). A **Living Will** is typically paired with the **Healthcare Power of Attorney** to address end-of-life decisions. While these documents are very thorough, the only thing worse than not having a power of attorney is having one, but never actually having that conversation with your agent as to what your actual wishes would be if you were unable to communicate them yourself! You are ideally trying to create the situation where someone is not trying to decide end-of-life decisions for you, but to merely voice what they know you would want in those circumstances! The power of the agent is limited only to the content of the agreement, and should be done based

on the client's own specific needs and situation both now and in the future.

While guardianship requires the guardian to report to the court and other agencies the financial dealings made for the ward to determine where the ward's money went, a power of attorney does not require the agent to account for every penny that he spent.

The best advice of course, is to plan ahead, as no one knows what the future holds! For those situations where time has run out in regards to planning and estate planning documents are no longer possible, a guardianship is the more expensive and time-consuming route, but is often the only answer.

If you feel the need to begin your planning, contact our office or a Certified Elder Law Attorney in your area to discuss options! 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](mailto:rhaley@vaelderlaw.com) or send to me via snail-mail to this address:

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

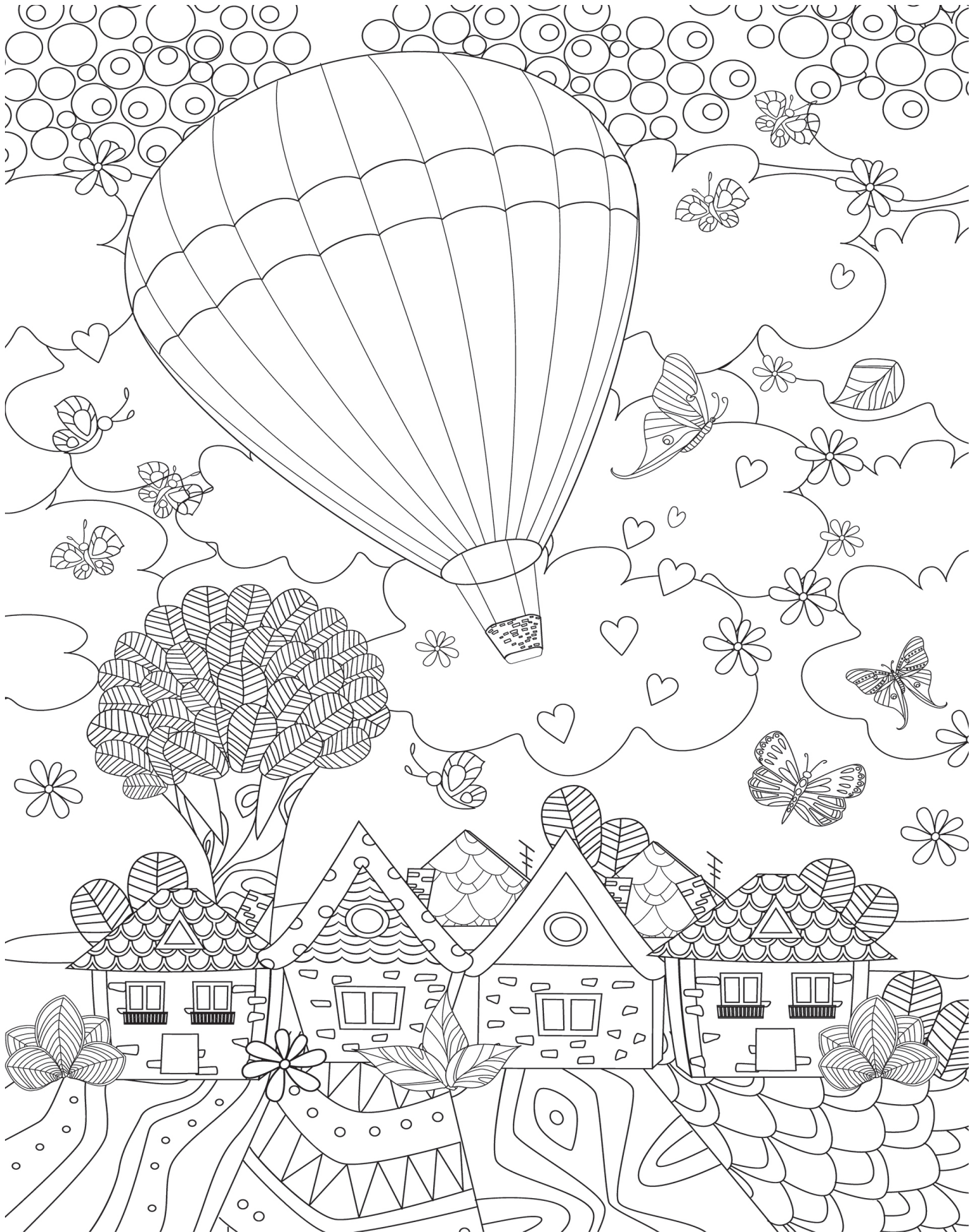
Robert W. Haley

Managing Attorney – Certified in Elder Law by the National Elder Law Foundation

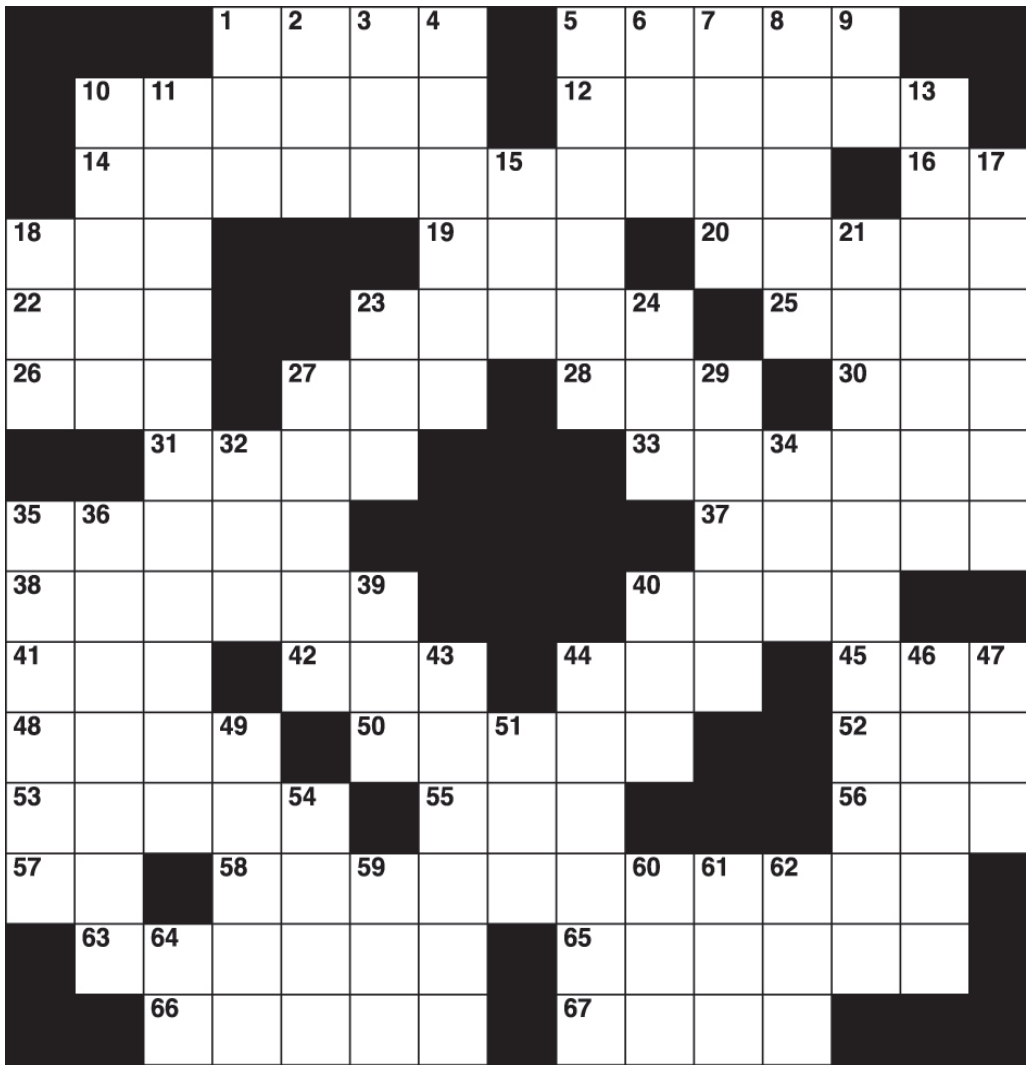
Member of the Council of Advanced Practitioners, National Academy of Elder Law Attorneys

**The Estate & Elder Law Center of Southside Virginia**  
[www.VAElderlaw.com](http://www.VAElderlaw.com)

# Coloring for Relaxation



# CROSSWORD PUZZLE



## CLUES ACROSS

1. Maintained possession of
5. Dropsy
10. Type of music
12. One who is deliberately cruel
14. 411
16. Rhode Island
18. Follows sigma
19. Baked dessert
20. Craftsman
22. Austrian river
23. Distributed
25. Close
26. Midway between east and southeast
27. Thunderstorm code
28. Where wrestlers work
30. Away from (prefix)
31. Canadian law enforcers
33. Shade
35. Sir Samuel \_\_\_, Brit. statesman

37. Della \_\_\_, singer
38. Existing in fact
40. Tennis matches have at least two
41. Reunifying Chinese dynasty
42. Not just "play"
44. Angry
45. Photomultiplier tube
48. Slovenly person
50. \_\_\_ and Diu
52. Cologne
53. What actors deliver
55. Campaigned
56. Cash machine
57. Spanish be
58. Animal that eats insects
63. Colonists who supported the British
65. Loved
66. A pair of people who live together
67. Work tools

## CLUES DOWN

1. Kilogram force (abbr.)
2. Your consciousness of your own identity
3. Score
4. A way to modify
5. Respect
6. Midwife
7. Region near the Dead Sea
8. \_\_\_ Gerais: gold-rich state of Brazil
9. Equally
10. Monetary units
11. The mentioning of things one by one
13. Traveling entertainers
15. Small island
17. A way to sing
18. \_\_\_-bo: form of exercise
21. "The Bard"
23. The best player
24. Male parent

27. Harm the reputation of
29. Allow for the tare of
32. Grand \_\_\_: wine classification
34. Soak
35. Bother
36. Ophthalmologist
39. Preceded
40. \_\_\_ Francisco, California
43. Touch gently
44. Lithuanian given name
46. Matched
47. Stomach
49. Mother of all gods in Scots' Celtic mythology
51. Partner to cheese
54. Fit of irritation
59. Visit
60. Suffragist Wells
61. Swearing to the truth of a statement
62. Old Red Sandstone
64. Sacred Hindu syllable

# How to save more for retirement after age 50



Whether it's advice from their parents, a response to television ads urging viewers to save for retirement, or their own financial savvy, many of today's young professionals recognize the importance of saving for retirement from the moment they receive their first paychecks. But men and women over 50 may not have been so practical, and many such professionals may feel a need to save more as their retirements draw ever closer.

Saving for retirement might seem like a no-brainer, but the National Institute on Retirement Security notes that, **in 2017, almost 40 million households in the United States had no retirement savings at all.** In addition, the Employee Benefit Research Institute found that Americans have a retirement savings deficit of \$4.3 trillion, meaning they have \$4.3 trillion less in

retirement savings than they should.

Men and women over 50 who have retirement savings deficits may need to go beyond depositing more money in their retirement accounts in order to live comfortably and pay their bills in retirement. The following are a few simple ways to start saving more for retirement.

- **Redirect nonessential expenses into savings.**

Some retirement accounts, such as IRAs, are governed by deposit limits. But others, such as 401(k) retirement plans, have no such limits. Men and women can examine their spending habits in an effort to find areas where they can cut back on nonessential expenses, such as cable television subscriptions and dining out. Any money saved each month can then be redirected into savings and/or retirement accounts.

- **Reconsider your retirement date.**

Deciding to work past the age of 65 is another way men and women over 50 can save more for retirement. Many professionals now continue working past the age of 65 for a variety of reasons. Some may suspect they'll grow bored in retirement, while others may keep working out of financial need. Others may simply love their jobs and want to keep going until their passion runs out. Regardless of the reason, working past the age of 65 allows men and women to keep earning and saving for retirement, while also delaying the first withdrawal from their retirement savings accounts.

- **Reconsider your current and future living situation.**

Housing costs are many people's most considerable expense, and that won't

necessarily change in retirement. Even men and women who have paid off their mortgages may benefit by moving to a region with lower taxes or staying in the same area but downsizing to a smaller home where their taxes and utility bills will be lower. Adults who decide to move to more affordable areas or into smaller, less expensive homes can then redirect the money they are saving into interest-bearing retirement or savings accounts.

Many people begin saving for retirement the moment they cash their first professional paycheck. But even adults over the age of 50 sometimes feel a need to save more as their retirement dates draw closer, and there are many ways to do just that.

The grass is greener on our side!

URW offers...

FREE Checking • FREE Visa Debit Cards • FREE Savings Accounts • FREE ATM Usage • FREE Online Banking • FREE Billpay • FREE Financial Seminars • FREE Notary Service • Low Loan Rates • HELOC • IRA's • Invitations to Member-Only Events & Much More!!

Isn't it time YOU experienced the URW Difference?

URW Community Federal Credit Union CD Rates

APY	MIN	MAX	ACCOUNT NAME
1.51%	\$2,500	-	3 Year CD
1.26%	\$2,500	-	2 Year CD

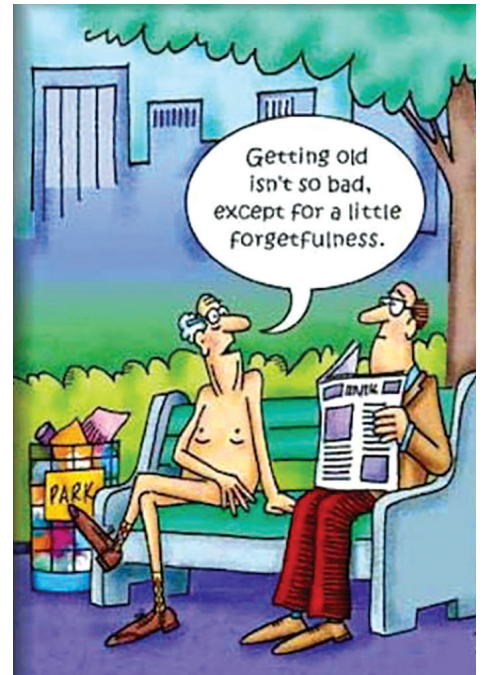
\*RATES ARE SUBJECT TO CHANGE AT ANY TIME



URW... Supporting our community since 1970



314 Lowes Drive  
539 Arnett Blvd  
142 South Main Street (DRMC)  
13701 US Hwy 29, Suite I, Chatham, VA 24531  
4018 Halifax Road, South Boston, VA 24592  
796 Commonwealth Blvd, Martinsville, VA  
www.urwfcu.org • 434.793.1278



Guess Who?

I am a comic actor born in New York on April 3, 1961. By age 15, I started performing and creating my own standup routines. I made a name for myself in the early 1980s on Saturday Night Live, which I parlayed into a successful movie career.

Answer: Eddie Murphy

FUN NIGHT OUT WORD SEARCH

- APPETIZERS
- BABYSITTER
- BILL
- CHEERING
- CITY
- CLUB
- DANCING
- DATE
- DESSERT
- DINING
- DOWNTOWN
- DRINKS
- ENJOYMENT
- ENTERTAINMENT
- EVENING
- FAMILY
- FESTIVE
- FORMAL
- FRIENDS
- GAME
- GROUP
- HOSTESS
- LAUGHING
- MEAL
- MUSIC
- MUSICAL
- PARTY
- PLAY
- POPCORN
- RESTAURANT
- SPORTS
- STADIUM
- TAXI
- THEATER
- TICKETS
- TOURIST

FUN NIGHT OUT WORD SEARCH

```

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

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

**Please Join Us!!!**

CARDIOLOGY PRESENTATION

**“Mending Broken Hearts”**

A look at Heart Disease in Women

*by Dr. Brian Zagol*



April 9th At 12:00 p.m.

**Piney Forest Health & Rehab Center**

450 Piney Forest Road

Lunch Will Be Provided

(Please arrive by 11:45)

RSVP by April 6th

Rebecca Motley

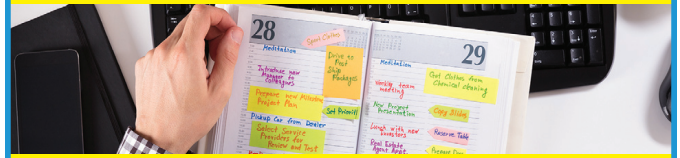
434-799-1565 or 434-548-4847

Email: Rebecca.Motley@MFA.NET

*We Look Forward To Seeing You!!!*

*Danville Senior Transportation Presentation:*

**Everything You Need to Know About Getting Registered and Scheduling Trips**



**Speakers:**

Marc Adelman, Director of Transportation

Cynthia Jones, Senior Transportation Services Coordinator

April 4th At 12:00 p.m.

**Piney Forest Health & Rehab Center**

450 Piney Forest Road, Danville, VA

Lunch Will Be Provided • (Please arrive by 11:45)

RSVP by April 2nd

Rebecca Motley

434-799-1565 or 434-548-4847

Email: Rebecca.Motley@MFA.NET

*We Look Forward To Seeing You!*

**Signs That You Are Getting Old!**

You turn off the lights for economical reasons, not romantic ones.

A beautiful girl walks by and nothing happens.

You read the obituaries to find eligible women

It takes you all night to do what you used to do all night long.

Everything hurts and what doesn't hurt, doesn't work

You have all the answers but nobody is asking you the questions.

You sit in a rocking chair and can't get it going.

After climbing the ladder of success and reaching the top, you realize that it was leaning on the wrong wall.

All the names in your little black book end with MD.

You get all your exercise acting as a pallbearer for your friends who exercised.



Spend less time recovering,  
*And more time living.*

**Gretna Health & Rehabilitation Center**

595 Vaden Drive  
Gretna, VA 24557 • 434-656-1206  
www.GretnaHealthRehab.com  
Contact our Admissions Director  
R. Keith Motley

**JACOVITCH**  
CONSTRUCTION SERVICE, INC.  
RESIDENTIAL & COMMERCIAL  
**919-796-3942**  
NEW CONSTRUCTION, IMPROVEMENTS AND MAINTENANCE



New Construction  
Remodeling  
Additions  
Decks and Porches  
Custom Trim  
Built-in Cabinets and Shelving  
Multi-Family Improvements  
and Rehabs





# What to Know About the New Medicare Cards

Dear Savvy Senior,

*What can you tell me about the new Medicare cards? I've heard there are a lot of scams associated with these new cards and I want to make sure I protect myself.*

*Leery Senior*

Dear Leery,

The government will soon be sending out brand new Medicare cards to 59 million Medicare beneficiaries. Here's what you should know about your new card along with some tips to help you guard against potential scams.

## New Medicare Cards

Starting this month (April 2018), Medicare will be removing Social Security numbers from their new Medicare cards, and begin mailing them out to everyone who gets Medicare benefits. The reason for this change is to help protect your identity and reduce medical and financial fraud. The new cards will have a randomly generated 11-character Medicare Number. This will happen automatically. You don't need to do anything or pay anyone to get your new card.

Medicare will mail your card, at no cost, to the address you have on file with the Social Security Administration. If you need to update your official mailing address, visit your online Social Security account at [SSA.gov/myaccount](http://SSA.gov/myaccount), or call 800-772-1213. When you get your new card, your Medicare coverage and benefits will stay the same.

If you have a relative or friend who lives in another state and gets their card before you, don't fret. The cards will be mailed in waves, to various parts of the country over a 12-month period starting in April 2018, and ending next April 2019. Medicare beneficiaries in Alaska, California, Delaware, the District of Columbia, Hawaii, Oregon, Pennsylvania, Virginia and West Virginia will be the first to receive the mailings, between April and June.

The last wave of states will be Kentucky, Louisiana, Michigan, Mississippi, Missouri, Ohio and Tennessee, along with Puerto Rico and the Virgin Islands.

When you get your new Medicare card, don't throw your old one in the trash. Instead, put it through a shredder or cut it up with a pair of scissors and make sure the part showing your Social Security number is destroyed.

If you have a separate Medicare Advantage card, keep it because you'll still need it for treatment.

## Watch Out For Scams

As the new Medicare cards start being mailed, be on the lookout for Medicare scams. Here are some tips:

- **Don't pay for your new card.** It's yours for free. If anyone calls and says you need to pay for it, that's a scam.

- **Don't give personal information to get your card.**

If someone calls claiming to be from Medicare, asking for your Social Security number or bank information, that's a scam. Hang up. Medicare will never ask you to give personal information to get your new number and card.

- **Guard your card.** When you get your new card, safeguard it like you would any other health insurance or credit card. While removing the Social Security number cuts down on many types of identity theft, you'll still want to protect your new card because identity thieves could use it to get medical services.

For more information about changes to your Medicare card go to [Go.medicare.gov/newcard](http://Go.medicare.gov/newcard). And if you suspect fraud, report it to the FTC ([FTCcomplaintassistant.gov](http://FTCcomplaintassistant.gov)), AARP's fraud help line, 877-908-3360, or your local Senior Medicare Patrol program. Go to [SMPresource.org](http://SMPresource.org) for contact information.

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



# What's Cookin'?

## Pineapple Crush Jello Cake



Pineapple crush jello cake is seriously one of the most moist cakes out there. The pineapple niblets are barely noticeable but give such flavor!

### Ingredients:

- 1 white cake mix
- 4 large eggs
- 1 Cup Crushed Pineapple with juice
- 1/3 Cup Water or additional pineapple juice
- 3/4 cup oil
- 1 regular package pineapple jello (small box-3 oz)

### Glaze

- 1 1/2 Cups Powdered Sugar
- 2-3 Tablespoons Coconut milk (or pineapple juice or lemon juice is fine)

### Directions:

Preheat the oven to 350 degrees. Spray a cake pan with non-stick spray and sprinkle with flour. Tip and tap the edges of the cake pan to coat it with flour.

In the bowl of a mixer, mix the cake mix, eggs, pineapple, water, oil and jello together. Pour into greased and floured 9x13 pan.

Bake at 350\* for 27-30 minutes. When cake is done, prick with 2 tined fork or toothpick while still hot. Immediately pour glaze over top.

### Glaze

In a small bowl, mix the coconut milk and powdered sugar until smooth.

**Southern Comfort Food**

**Mary's Diner**  
EST. 1951

- Dine in or Carry out
- Sunday Buffet
- We Cater

1203 Piney Forest Rd  
Danville, VA 24540  
434-836-0132

**WAYNE'S HOME REPAIR**  
*Specializing in Residential Roofing*

**WAYNE HUFFMAN**  
**434-728-7272**

**Roofing · Roof Painting · Mobile Homes**  
**Pressure Washing · Gutter Cleaning**  
**All Types of Roof Repairs**  
*Licensed & Bonded*

**Respite Stay**  
at Caswell House

When you need a break from caring for your loved one, we provide:

- 24/7 on-site staff
- Private or companion rooms
- Full-service housekeeping
- Activities program
- Complete dining program with three meals and snacks daily
- And much more!

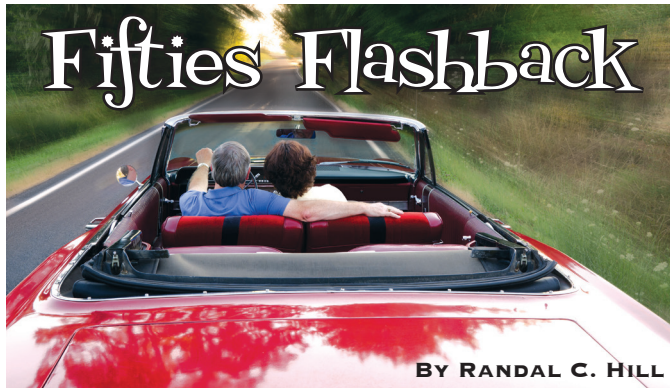
**Respite Stays start at \$100 per day!**

Call us today to schedule a tour!

**Caswell House**  
ASSISTED LIVING & MEMORY CARE

**(336) 694-1555**  
535 U.S. Highway 158 W  
Yanceyville, NC 27379

[AffinityLivingGroup.com/Caswell](http://AffinityLivingGroup.com/Caswell)



## The Grinch Who Stole McDonald's

April 2018

It was the “coolest” hangout in 1940s San Bernardino, with teenage cruisers filling the vast parking lot at McDonald's drive-in on E Street every night. But such customers (usually adolescent boys with revving engines and blaring car radios) tended to loiter, spend little money and flirt with the cute carhops. The McDonald brothers—Richard and Mac—sought families rather than rowdy kids, so they temporarily closed their lucrative southern California business and worked on a new approach.

While McDonald's offered over two dozen menu items—including tamales, chili and PBJ sandwiches—about 80% of their sales came from burgers, fries and drinks. When the brothers restarted their restaurant, they offered only the items that most customers wanted.

In December 1948 McDonald's reopened to an initially befuddled clientele. Paper cups and plastic utensils had replaced familiar silverware and plates. With no place to sit, customers now had to stand in lines. Polite young men (not comely young women) quickly dispensed food items and handled cash. In the kitchen each worker repeatedly performed one specific task.

McDonald's new prices were low, low, low. Burgers cost 15 cents (4 cents more for a cheeseburger), milkshakes ran 20 cents, fries and sodas were a dime each, coffee a nickel.

Soon North E Street often became gridlocked, and McDonald's service-window lines sometimes numbered 200 customers at once. Money flowed in as if a cash dam had burst. By 1953 the McDonalds were netting \$100,000 a year when the minimum hourly wage was 75 cents. Richard, his wife and the still-single Mac shared a 25-room San Bernardino mansion complete with a tennis court. Each year they bought three new Cadillacs.

Then one day in 1954 an aggressive restaurant-supply salesman in Chicago named Ray Kroc noticed an unusual order on his desk. A California burger joint had ordered eight of his Multimixers—capable of whipping up 48 milkshakes at once—for just one location.

One location? Huh?

The curious Kroc, always looking for the Big Payoff in the business world, journeyed to San Bernardino and sat in his car for hours in the McDonald's parking lot as a tide of customers ebbed and flowed. Kroc later told Time magazine, “I said to myself, ‘These guys have got something. How about if I opened some of these places?’”

Seeing a golden opportunity, Kroc envisioned McDonald's as a global fast food giant. He strong-armed the brothers into a deal, offering to pay them a rock-bottom rate of 0.5% of all future sales. In April 1955 Kroc opened his first McDonald's in Des Plaines, Illinois. Over the next five years he created a chain of 228 franchised restaurants. In 1961 he bought out the McDonald brothers for \$2.7 million in cash.

His golden opportunity had arrived in the form of the Golden Arches.

Ray Kroc, always determined that nothing—absolutely nothing—would stand in his way of amassing wealth, once proclaimed, “If any of my competitors were drowning, I'd stick a hose in their mouth and turn on the water.”

# FIVE @ FIFTYFIVE

Five Essential Legal Documents You Need by Age 55

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!

**THE ESTATE & ELDER LAW CENTER**  
of Southside Virginia, PLLC

The ONLY Certified Elder Law Attorney in Southside VA!

**ROBERT W. HALEY**

742 Main Street, Danville, VA / 855-503-5337  
3371 Fairystone Park Hwy, Bassett, VA / 276-629-5381  
VA ElderLaw.com

# Need a Lift?

We can help.



Large selection of chairs in stock!



## Sherwood House FURNITURE AND MATTRESS STORE

120 Arnett Blvd. Danville, VA  
Phone 434-792-2414 • [sherwoodhousefurniture.com](http://sherwoodhousefurniture.com)



### GRUMPY CAT WINS THE DAY

For all you cat lovers: cat commercial icon, Grumpy Cat, was not just grumpy, she was downright livid about an advertiser's unauthorized use of her image. And so she, and her owners, sued and won her case, says the Association of Mature American Citizens [AMAC]. She received a \$700,000 judgment in a U.S. District Court in California against a company that used the famous feisty feline's image in ads without permission. The complaint filed with the court read, in part: "Ironically, while the world-famous feline Grumpy Cat and her valuable brand are most often invoked in a tongue-and-cheek fashion, Defendants' despicable misconduct here has actually given Grumpy Cat and her owners something to be grumpy about."

### ELVIS LIVES!

There's been yet another Elvis sighting, according to the Association of Mature American Citizens [AMAC]. This time it can be confirmed that it is, indeed, Elvis - Elvis D. Presley, not Elvis A. Presley - and he is running for a seat in the U.S. House of Representatives as a Libertarian from Arkansas. Elvis, the

politician, is also an on-again, off-again impersonator of Elvis, the King of Rock and Roll. In fact, he had his name legally changed some time ago.

### GOOD MORNING

Folks used to dress for dinner in the good old days. There are those in the 21st Century who believe we should make it a tradition to dress for breakfast, according to the Association of Mature American Citizens [AMAC]. At least the management of the IHOP thinks it's a good idea. They have launched a line of breakfast-wear adorned with thematic prints including, of course, pancakes. They describe the onesies, lounge pants and socks that are available in adult and child sizes as "ultra-comfy." Proceeds from sales, the company says, will be donated to the Children's Miracle Network Hospitals.

### NEITHER RAIN NOR SNOW

It's been an unusually snowy winter in Great Britain and, as one might imagine, it was tough to get food deliveries. But, says the Association of Mature American Citizens [AMAC], at least one takeout delivery worker didn't let a bit of icy precipitation get in his way. He was spotted belly flopping down a street appropriately named Steep Hill in the town of Lincolnshire in the East Midlands of England. He was obviously determined to fulfill his assignment and get a chicken dinner to his customer. A neighbor caught the worker's commitment on video and posted it on Twitter to show his dedication.

# The Walking Marine - Terry Sharpe

*More than 69% of all Veteran suicides were among those 50 and older.*

Bring out your best red, white and blue! Terry Sharpe The Walking Marine is coming to town! He will travel through Danville as he makes his way up 29N walking from NC to Washington DC to raise Veteran suicide and homelessness awareness. His walk starts in Stokesdale NC on May 2nd. Want to learn more about this special Veteran project and how YOU can help, email [ssphero@yahoo.com](mailto:ssphero@yahoo.com). Be sure to follow Terry's journey at The Walking Marine on Facebook.

In order to bring awareness to the 22 Veterans per day that commit suicide, Terry Sharpe (better known as The Walking Marine) is walking 22 days straight a total of 300 miles. His journey begins May 2, 2018 just outside his home town of Summerfield, NC and will end on May 22, 2018 at the steps of the US Capital in Washington, DC. Terry will be walking along US Route 29 (Lee Highway) and will be joined along the way by many others.

6,500 former military personnel killed themselves in 2012. More Veterans succumbed to suicide than were killed in Iraq. In 2012, 177 active-duty soldiers committed suicide, conversely 176 soldiers were killed in combat. In other words, more soldiers committed suicide compared to being killed in action. In 2012, the study concluded that Army had the highest number of suicides compared to any other service branch. In 2013, the United States Department of Veterans Affairs released a study that covered suicides from 1999 to 2010, which showed that roughly 22 Veterans were committing suicide per day, or one every 65 minutes.

## **Q: Why are you doing this?**

A: As a Marine you know it is your duty not to leave a man behind.

As a Country we are leaving many good men behind by not helping them with their struggles and allowing them to get to a point where they think suicide is the answer. We must do a lot better to help our Veterans, especially those who are suffering the most.

## **Q: What advice can you give to those Veterans who are contemplating suicide?**

A: You are not alone and your fellow Veterans are here for you. You owe it to those who could not return or who could not soldier on to live the life they wanted to live. You owe it to your brothers and sisters in arms to seek out help and to overcome the challenges. With the plethora of social media and other contacts, reach out to your comrades and ask for help. It does not make you weak to ask, it is the mark of a strong person to ask for help.

## **Q: How many miles have you walked all together?**

A: I have made 5 walks, so times 1500 miles approximately 7500 miles. That is only for my walks. I have walked with others twenty to twenty five miles at a time. Not only have I walked, but I have also stood at intersections for hours with the American flag, my kneeling soldier sign and Stop the 22 signs. I stood at an intersection in Greensboro for 23 hours. I have stood at the intersection in Danville at Mt Cross Road.

## **Q: As you have covered so much ground and so many cities, what has surprised you the most?**

A: Amount of people that do not know that there are 22+ veterans committing suicide a day. As people see me, they ask and I tell them. This in turn spreads the word. Now as far as people reac-

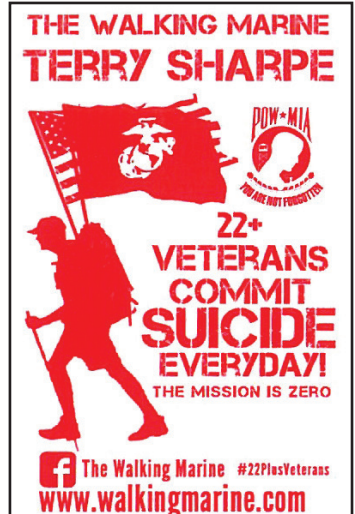
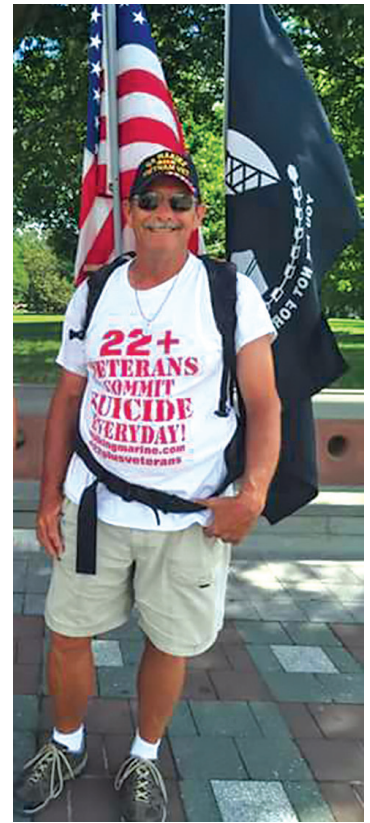
tions, I have been almost run over a couple times, a bottle thrown at me before, and sometimes you get rude people but not often. Then there are those times when people come out and show support. Like when I walked by Gretna Elementary School in Gretna, VA, there were all these kids with signs, flags, and cheering. I cannot wait to see how many will be out there this time.

## **Q: This will be the last year you walk for this cause, if someone were to ask about starting a walk of their own, what would you advise?**

A: Be ready for the pain. If you are an avid fitness person, which I am not, you may endure less pain. Make sure to have the right shoes and socks. I didn't have the right equipment at first and had huge blisters. I even lost some toe nails. Now I have the right shoes and socks, so better foot care.

Anyone who wants to help bring attention to the issue is welcome to walk with Terry or stop by to cheer him on and shake his hand. It is suggested that if you want to meet Terry or join him on the walk, you can look for one of the support vehicles which should be in a safe place to stop and talk. Details on the walk, current position, and other important information can be found at [www.walkingmarine.com](http://www.walkingmarine.com). The contact link on the page will help you reach out to Terry and his team. Danville-SouthCentral Out of the Darkness Facebook page will be keeping up with his walk..

This walk to Washington DC, The Walking Marine is raising money for 4 organizations. Normally he doesn't ask for money, but these are worth the effort. I'm am selling steps 1 cent per step, there are around 60,000 +/- steps to the White House. There is a donation



site on the Walking Marine Facebook page and [walkingmarine.com](http://walkingmarine.com) if you can please buy some steps. Your support is greatly appreciated.

Dates and local locations to come out and show support;

May 3rd - Reidsville, NC

May 4th - Danville, VA

May 5th - Chatham, VA

May 7th - Gretna, VA

May 25th - 9:15am at Arlington Cemetery - Terry will be placing the wreath at the Tomb of the Unknown Soldier

**W.D. Rowe Monument Company**



Monuments • Markers • Mausoleums • Signs • Vases • Pet Memorials  
Sandblasting • Stone Cleaning • Cemetery Repair

**SERVING THE AREA FOR OVER 125 YEARS!**  
2322 N. Main St. • Mon.-Fri. 9AM - 5PM • Sat 9AM-Noon  
www.wdrowe.com

**434-836-6224 or 1-800-290-7693**

**Medicare Supplement Insurance Plans  
Medicare Advantage Plans  
Part D Prescription Drug Plans  
Life Insurance**



**AVERY STEVENS**

2276 Franklin Turnpike,  
Suite 122  
Danville, Virginia 24540

434-836-0604 • 434-251-8627  
avery.stevens@chatmosscable.com

*"Calling the number above will direct you to a licensed sales agent."*

**Local Music Competition**

Vendor Event & Food Truck Fundraiser  
To Support Danville-South Central  
*Out of the Darkness Suicide Prevention Walk*

Saturday, April 14, 2018 • 11:00 AM - 7:00 PM

2 Witches Winery & Brewing Company  
209 Trade Street, Danville, VA

\$5.00 Entrance Fee for Spectators **FAMILY FRIENDLY EVENT**  
Kids 12 & Under Free

#BETHEBATTLE Kids 12 & Under Free  
www.afsp.org/danville

**OFF-SEASON DISCOUNTS**

**ROOFING & PAINTING**  
by Ben Forrest

Interior, Exterior, Industrial, Commercial,  
Residential, All Types of Roofing, Roof Cleaning,  
Gutters, All Types of Repairs, Powerwashing & Decks,  
Asphalt Seal Coating

Senior Citizen Discounts, Retired & Active Military  
**FREE ESTIMATES • INSURED CONTRACTOR**

**434-835-0016**  
Family Owned & Operated Over 70 Years

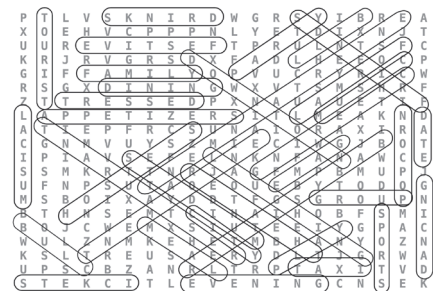
**BRINGING THE BEST TO YOUR TABLE**



**SoVA Local Taste**  
**Personal Chef Services**  
*"I cook meals for you in your home"*

Call Me Today  
for a **FREE** Consultation!  
**434.203.1721**

sovalocaltaste@gmail.com  
www.SoVALocalTaste.wix.com/personalchef



◆◆◆ PUZZLE ANSWERS ◆◆◆

**Denture EXPRESS**

**SAME DAY SERVICE**  
Dentures • Partial • Extractions • All Done on Site  
**1.888.806.0467 • 276.632.1565**  
5 Dudley Street, Martinsville, VA

**GEORGE A. STERMER, JR. • DDS  
CHRISTOPHER ALLAMAN • DDS**  
An Affordable, Quality, Full Service Dental Practice  
Accepting New Patients! Please call today to make an appointment

**276.638.3265**  
We take all major credit cards and Wells Fargo

**Dentures and Partial**  
STARTING AT **\$395<sup>00</sup>**  
Upper & Lower Full Set **\$790<sup>00</sup>**



# What folks are doing...

## HOLIDAY VILLAGE, DANVILLE



Holiday Village residents and Resident Service Coordinator welcomed Christopher Riddle and John Taylor with Transamerica for a wellness program "Planning for the Future" on Monday, March 19, 2018 in the Public Room at 2:00pm. Left to Right : Melody Murphy, Bill Combs, Nancy Hamlett, Christopher Riddle, John Taylor, Faith Hawley and Ann Doolin, 2nd picture left to right: George Monroe, Jean McCullen, Pansy Thornton, Rachel Meeks, John Taylor, Christopher Riddle, Clovis Shelton, Helen Clemens. Answer and question followed.

Send your activities to [info@redbirdtimes.com](mailto:info@redbirdtimes.com)

## DO YOU REMEMBER THIS?

The Ranch Drive-In  
Riverside Dr.  
Danville



### BRUCE PREFINISHED HARDWOOD FLOORS

Solids – Naildown –  
Oak • Maple • Hickory  
Engineered – Staple, Glue or Float –  
Oak • Maple • Hickory



Stainmaster®  
Nylon Carpet  
Anson®  
Nylon Carpet

#### FLOOR CARE PRODUCTS

Vinyl Cleaners –  
• Armstrong  
• Congoleum  
• Mannington

Laminate &  
Hardwood Cleaners –  
• Bruce  
• Armstrong  
• Bona

### Davis & Davis Floor Covering

2085 Franklin Turnpike, Danville, VA

Family Owned and Operated Since 1975

Open Mon.-Fri. 9 a.m. to 5 p.m., other hours by appt.

**836-5991**

Thanks to all of our Red Bird Times readers and advertisers!

See you next month:)

Send us your thoughts, comments & news to [info@redbirdtimes.com](mailto:info@redbirdtimes.com)



Reid Street Gallery is a great place to gather with friends!  
Bring a group for a fun day of shopping or sign up for a cooking or art class!

Check online for calendar updates!

Follow us on Facebook and check out our website for more events and information...  
www.ReidStreetGallery.com

## APRIL CALENDAR OF EVENTS

*Reid Street will be closed Monday, April 2*

April 3 **Lite and Easy with Clara Gutierrez: Buddha Bowls**  
6:00 p.m. Buddha Bowls are hearty, filling dishes made of various greens, raw or roasted veggies, beans and a healthy grain like quinoa or brown rice, and sometimes include toppings like nuts, seeds and dressings for added texture and flavor. Come assemble your own favorite creation, with a selection of fresh Spring greens and more delicious ingredients. \$35 per person, minimum and maximum requirements to hold the class, reservations required 2 days before event.

April 4 **Monthly Chatham First meeting**  
11:00 a.m. 7:00 p.m.

April 9, 16, 23, and 30 **Women in Art Series** (Mondays in April) - Bring your lunch, and enjoy learning about various women who have impacted the art world. See website for featured artists, and complete details.

April 13 **Second Anniversary Reception** - Celebrate with us as we look back on our first two years in the Chatham community! We will have music from Define Jazz, and delicious refreshments. We will also award the winners in our Spring Art Show, and also have on display work from the Danville Throw Paint at Cancer artists. Free and Open to the Public.

April 14 **Wine Pairings Class with Clara Gutierrez** - We will explore some delicious wines, cheeses, and chocolates that go better together! \$25 per person, minimum and maximum requirements to hold the class, reservations required 2 days before event.

April 21 **Fused Glass with Aleen Wilson** - Celebrate Spring by creating a beautiful fused glass sun catcher or bowl. \$45, minimum and maximum requirements to hold the class, reservations required 2 days before event.

April 27 **Passport Series: France** - We will explore delicious French cuisine, including Beef Bourguignon, and wines that make the dishes sing! This is a 'don't miss' class! \$45 per person, minimum and maximum requirements to hold the class, reservations required 2 days before event.

### Featured Artist

#### Jane Carter

Jane started painting 30 years ago, while living in Connecticut, and being a stay-at-home mom. After three years, she got discouraged and turned to a career in interior design. Upon moving to South Carolina in 1989, she itched to paint again, and has been doing so since 1989.

Watercolors were her primary medium until a few years ago, when she discovered the joy of oils. She now produces her oils and water media (watercolors, acrylics, and pastels) in her beautiful art barn in North Carolina.

She has become more and more enamored of abstracts and finds great joy in creating them. She also finds that painting on Yupo paper allows more creative freedom, and brings great success in national shows.

Jane is proud and excited to be a Signature Member of the Watercolor Society of North Carolina, South Carolina, and Georgia, and has recently been juried into the Southern Watercolor Society. She has been published in Watercolor Magic, and featured as a cover artist on several other magazines. Her paintings hang in homes across the country and in England, which is the utmost pleasure for Jane.

Jane has taught classes and workshops in South Carolina and England, and has had eight one-woman shows (as of this writing).

Several of Jane's original works will be available unframed, during the month of April.



**Our Gift Shop has Everything you Need!**

Jewelry • Bags • Cards • Giftware • Cups  
Local Honey • Candies and Nuts...and More!

24 Reid Street • Chatham, VA • 434.433.2264  
reidstreetgallery.com • f Reid Street Gallery



**KIMBERLY G. WORLEY**  
INSURANCE SERVICES

**NEW YORK LIFE**

OFFERING:

- ANNUITIES
- INDIVIDUAL HEALTH INS. PLANS
- ADVANTAGE PLANS/MEDICARE SUPPLEMENT & DRUG
- LONG TERM CARE
- LIFE INSURANCE

[www.newyorklife.com](http://www.newyorklife.com)

103 E. Watts Street, Gretna, VA.  
434-656-9006

I told my wife I wanted to be cremated..

she made me an appointment for next Tuesday!



## Piedmont Dermatology Center

Dr. Ned Gross, MD

Dr. Gross now participates in Anthem Health Keepers.

7 am to 6:45 pm appointments available

314 Fairy Street, Suite D  
Martinsville, VA

**276-666-8439**

[www.piedmontdermatology.com](http://www.piedmontdermatology.com)

