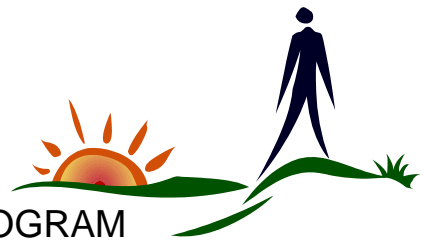


SENIOR SPOTLIGHT

A NEWSLETTER OF THE SENIOR VISITORS PROGRAM



January/February 2012

On December 10th we held our Annual Holiday Party. We enjoyed good food, fun games, and of course, the door prizes were a big hit! We were entertained by students from the Colonial Forge High School Madrigals group.

Thank you to all the seniors, volunteers and Board Members who attended. It was wonderful to visit, laugh, and enjoy the festive holiday spirit with each other. Here are some pictures from the Holiday Party.



Save the date now for our next events:

Mental Health America of Fredericksburg Annual **Walk** on May 5, 2012

Mental Health America of Fredericksburg Annual **Run** on July 22, 2012

Congratulations to the following volunteers who were recognized at our Holiday Party:



Ellen Ashwell – 50 hours



Nancy Wright – 200 hours



Steve Flanagan – 200 hours



Kimberly Pace – 50 hours



Judy Schweizer – 200 hours



Janice Row – 50 hours



Arden Sellgren – 50 hours



Richard Compton – 200 hours

Also receiving recognition in December:
Ruth Allaire – 200 hours Shari Underwood – 200 hours
Carol Wheeler – 50 hours

Director's Corner

Hello and Happy New Year! I hope that with the mild winter, so far, that you are all doing well. We have been busy in the office updating our records. Thanks to all our volunteers for helping us to stay current with your Visit Sheet reports and hours. Remember that you can email, fax, scan or mail in those reports at the end of each month.

Volunteer hours are important to us for several reasons. We use those hours as a way to document the service that we provide to our seniors. We use those hours as a way to help with our budgeting and to request funds to keep our program viable. In these tough economic times we are ever mindful of providing a quality service to our seniors and appreciate all the support we receive from our community.

The final way we use the Volunteer hours is to recognize our wonderful volunteers for the time and service that they give so generously to our seniors. We were recently honored to present some Volunteer awards and I hope you saw those Volunteers identified elsewhere in the newsletter. A big thank you to all our Volunteers for all they do for the Senior Visitors Program!

Lastly, I am considering offering a quarterly educational series on senior topics to our Volunteers. I am thinking about a one hour presentation in the evening on a current senior topic. Let me know if that is something you would attend and any topics you would like to see offered.

Sincerely,

Teresa

The Aquia Evening Lions Club is "celebrating service" on February 25th from 8 a.m. til Noon. They will be out in the community ready to help you with that project you just haven't been able to get to. From light housekeeping to minor repairs, call today to schedule the Lions to help with your project.
540-371-2704

Attention green thumbs! Spring is just around the corner and we have a generous donation of tomato and green pepper plants available. Seniors, if you would like a plant please let us know and we will coordinate delivery of the plant in a bucket ready to place on your deck or patio. Just add water! 540-371-2704





Free Events You and Your Volunteer May Enjoy:

January/February, every Thursday (except holidays), Porter's Awesome Seniors Exercise Class 9:30 a.m. – 10:30 a.m. Chair dancing for the 55+ group. Rappahannock Regional Library Porter Branch, 2001 Parkway Blvd., Stafford, VA 22554, 540-659-4909, **FREE**

February 11th – Downloading Library eBooks, 2:00 - 4:00 p.m. Now that you have purchased your eReader, learn how to download ebooks from the library for FREE! Bring in your eReader (and laptop if you own one) to your local branch to get hands on help downloading, reading, and deleting ebooks from your own device. Please sign-up at the Adult Reference Desk or by calling 540-372-1144. Rappahannock Regional Library, Headquarters, 1201 Caroline Street, Fredericksburg. **FREE**

February 11-12 – Model Train Show The Rappahannock Railroad Club displays their model trains at the National Museum of the Marine Corps, 18900 Jefferson Davis Highway, Triangle, 22172. 9:00 a.m. – 5:00 p.m. **FREE**

February 26th – Concert, UMW Concert Band Performance begins at 3:00 p.m. at the University of Mary Washington, George Washington Hall, Dodd Auditorium, 1301 College Ave., Fredericksburg, 22401, (540)654-1012 **FREE**

March 4th – 24th Annual Fredericksburg Big Band Concert Come hear the fabulous Fredericksburg Big Band perform their annual concert at UMW. This is an excellent opportunity to come and hear some great music and enjoy a nice afternoon out. University of Mary Washington, Dodd Auditorium, 2:00 – 4:00 p.m. **FREE**

March 12-18 – Fredericksburg Fine Arts Exhibit The 61st Annual Fredericksburg Fine Arts Exhibit is back at the Dorothy Hart Community Center. Local Artists will display their work for cash prizes in a variety of mediums. Admission to this show is FREE to the public. Come out and see some great artwork from your local community and vote for the "Most Popular". 408 Canal St, Fredericksburg Mon. - Thurs. 2:00 - 6:00 p.m., Friday 2:00 - 8:00 p.m., Saturday 10:00 a.m. - 4:00 p.m., Sunday 12:00 - 4:00 p.m. **FREE**

FREE INCOME TAX ASSISTANCE: Tuesday & Thursday ONLY January 31 – April 12, 2012 9:00 a.m. – 3:00 p.m. at the Dorothy Hart Community Center, co-sponsored by AARP and Fredericksburg Parks & Recreation. Must come in person with your:

- Social Security cards for all persons on the return
- Government issued photo ID
- Copy of last year's tax return
- W-2s, 1099s and all other documentation of income sources and/or deductions
- **Please sort, organize and total receipts before coming in.**
- If married, both spouses must come in person or personal representative with Power of Attorney
- First-come, first-served. Suggest that you arrive before noon. Same-day service not guaranteed.



January/February 2012 Birthdays



Sylvia Kendrigan 1/1
Harry Alston 1/21
Karen Crismond 1/26
Katherine Holloway 1/28
Mary Moul 1/29
Diana Shapiro 1/29
Jean Wilson 1/30
Dorothy Crabtree 1/31

Helen Wimmer 2/4
Carole Breon 2/7
Nancy Modlin 2/8
Lois Stevens 2/12
Lois Simms 2/18
Jacqueline Falk 2/21

If we missed your birthday, please let us know at 371-2704.

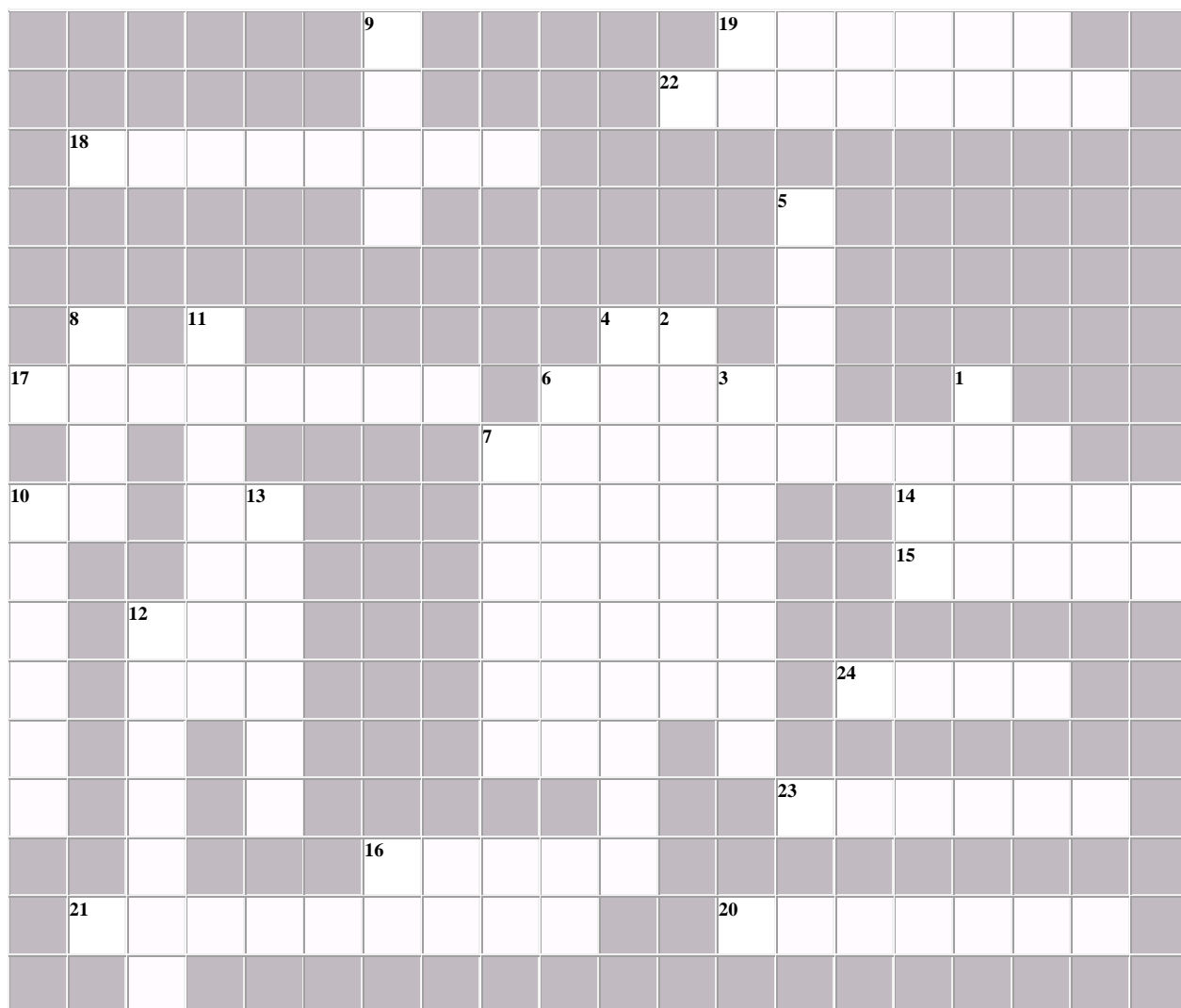
“A diplomat is a man who always remembers a woman's birthday but never remembers her age.”

Robert Frost

President's Day was originally a commemoration of the life and contributions of George Washington, born February 22, 1732. After the assassination of Abraham Lincoln, America began celebrating Lincoln's birthday, born February 12, 1809. Both were observed as federal holidays until President Nixon combined the two holidays in 1971. Now on the third Monday of February we honor all past presidents – especially our beloved Washington and Lincoln. Many special events around the region honor these great men including three days of special activities at Mount Vernon, February 18-20 (\$) and a wreath laying and dramatic reading of the “Gettysburg Address” at the Lincoln Memorial, February 12 at noon. There will also be a birthday party at George's boyhood home, Ferry Farm, February 18, 2012, 10:00 a.m. to 4:00 p.m. (\$).



Presidential Nicknames Crossword Puzzle



Down

1. "Jerry"
2. "LBJ"
3. "Honest Abe"
4. "IKE"
5. "Tricky Dick"
6. "Wobbly Warren"
7. "Professor"
8. "Little Hickory"
9. "Poppy"
10. "The Gipper"
11. "Bubba"
12. "Old Hickory"
13. "Jimmy"

Across

7. "The Father of His Country"
14. "Useless"
15. "Atlas of Independence"
16. "President without a party"
17. "Silent Cal"
18. "Little Ben"
19. "Old Rough and Ready"
20. "JFK"
21. "Teddy"
22. "The Front Porch Campaigner"
23. "Give 'em Hell Harry"
24. "Smiling Bill"



Would you and your senior like to get to know other volunteers and seniors? Call if interested and we will help you get connected!
540-371-2704

Need help with a special project? We frequently have groups call in who want to give service within the community. Give us a call and we will match you with a local group who can wash windows, rake leaves, paint and more. Call Teresa or Laurie at 540-371-2704.

Crossword Answer Key

<u>Down</u>	<u>Across</u>
1. Ford	7. Washington
2. Johnson	14. Grant
3. Lincoln	15. Adams
4. Eisenhower	16. Tyler
5. Nixon	17. Coolidge
6. Harding	18. Harrison
7. Wilson	19. Taylor
8. Polk	20. Kennedy
9. Bush	21. Roosevelt
10. Reagan	22. McKinley
11. Clinton	23. Truman
12. Jackson	24. Taft
13. Carter	

If you make \$50,000 or less you are eligible for FREE TAX PREPARATION:

Bring your

- W2 forms
- Photo ID for you and your spouse
- Social Security Cards for you, your spouse, and all dependents
- Any other information you think will help

2012 Tax Site Schedule

(Sites are open beginning Tuesday, January 17 through Tuesday, April 17)

Mondays: Central Rappahannock Regional Library
England Run Branch, 5:00 – 8:00 p.m.
806 Lyons Boulevard, Fredericksburg

Tuesdays: Central Rappahannock Regional Library,
Main Branch, 5:00 – 8:00 p.m.
1201 Caroline Street, Fredericksburg

Wednesdays: Rappahannock United Way
1:00 – 5:00 p.m.
3310 Shannon Park Drive, Fredericksburg

Central Rappahannock Regional Library
Porter Branch, 5:00 – 8:00 p.m.
2001 Parkway Boulevard, Stafford

Saturdays: Rappahannock United Way
10:00 a.m. – 5:00 p.m.
3310 Shannon Park Drive, Fredericksburg

Senior Spotlight

A Newsletter of the Senior Visitors Program

Senior Visitors Program
Mental Health America of Fredericksburg
2217 Princess Anne Street, Suite 219-1
Fredericksburg, Virginia 22401
mhafsv@mhafred.org
540-371-2704



Senior Visitors Program
2000-2012

PLACE YOUR AD HERE !!

If you would like to place your ad in this newsletter, please call the office at 371-2704 for more information.