

## Some End of Life Questions to Consider

Some questions to ask you and your loved ones as you complete your advance healthcare directive:

If there was a choice, would you prefer to die at home or in a hospital?

How would you want to be treated in the case of a terminal illness? Would you prefer to be allowed to die without medical intervention or would you want all possible intervention provided?

Is there someone you would trust whom you can appoint to be your advocate on your behalf when you are critically ill?

Have you discussed your wishes with your spouse, adult children, friends, etc.—and then completed formal documents including a living will and advance directive?

These are some of the issues you need to mull over and discuss with your loved ones and make sure that the individuals that you designate as your “agent” in your directives is well aware of your wishes.

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## Farmers Market Friday Hoedown 2019 Season Begins

3640 Dam Neck Road Virginia Beach, VA 23453

Friday Nights from 7 - 10p.m. Rain or Shine. Bring a lawn chair or blanket to enjoy free, live, local music. You can line dance or just sit and listen to the music.

### April Bands

- 5 Dallas Band
- 12 New City Sound
- 19 The Long & Short of It
- 26 Timeline

## Gospel Concert Sunday, April 28 6:00 pm

The King’s Choir will perform “Sing a New Song”, a gospel concert, at Kempsville Baptist Church, 5204 Princess Anne Rd., Va. Beach, 23464. The concert is free. The church is located on Princess Anne Rd., just past the Kempsville Road intersection. The choir’s theme is: music to feed the soul.” Bill McCool, one of our members, is part of the performance, and he has graciously donated some CDs done by the leader of the group.

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## Charity United Methodist Church Food Pantry Demand Increases

We learned that the number of people seeking food at the church jumped from 5 to 20 on a recent distribution day. Their Food Pantry is open every Tuesday from 10 a.m. – 12 noon and serves anyone who attends. Our donations of non-perishable food have dwindled, so we ask that in the future you try to make a habit of bringing at least one item to donate each time you attend an activity at SRC. Since we don’t charge any membership fee to join our center or for our monthly newsletter, we hope you will instead think of regularly helping to fill the food pantry donation boxes. The church evidently has a good supply of canned veggies, so you could supply cereal, pasta, canned meats, tomato sauce, peanut butter, etc.

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## Fantastic Scrapbook/ Photo Albums

Next time you stop by the center or do a volunteer shift for desk duty, be sure to look at the wonderful albums created by Judy Turner. She organized all our photos and embellished