

Check it out at www.ilrvb.org or call them at 756-4861. You need to join by mail, but once you've become a member you can register for classes online.

Password Dilemma

If you are a regular computer user, have you ever thought about what would happen if you had a sudden medical emergency, or worse yet, passed away unexpectedly? It could be a technology nightmare for your spouse or adult children if they could not access your online accounts. Many of us pay all our bills and use autopay online and no longer receive any hard copies via snail mail of bank statements, credit card accounts, utility bills, etc. With digital records and passwords, there won't be any paperwork to help you track accounts.

It may be impossible for your loved ones to log in to any of your accounts, unless you plan ahead. Although we have been warned to keep our passwords private, you should consider making a hard copy list of your user names and passwords and storing it in a place accessible to your family members or giving a copy to those closest to you.

Adapted from Janet Bodnar, Kiplinger.com

Free Durable Medical Equipment

F.R.E.E. (Foundation for Rehabilitation Equipment & Endowment) is a helpful resource if you are in need of mobility equipment like a walker, wheelchair, etc. and can't afford to purchase it. It is a non-profit organization that helps individuals who are uninsured or underinsured, and is considered a last resort after all other resources have been exhausted (family, church, etc.) You can go online at shr@free-foundation.org or call 771-6283. You

will need to complete an application and also provide a prescription form from your doctor.

F.R.E.E also welcomes your donations of gently used medical equipment, especially bath chairs and tub transfer benches. They also need equipment for those who weigh 300 pounds and up. Donations of your equipment can be dropped off at any local Goodwill stores-tell them it's for F.R.E.E. Equipment closets are now open at Sentara Virginia Beach General, Sentara Norfolk General and Sentara Leigh Memorial.

SilverSneakers Exercise Classes for Medicare Recipients

SilverSneakers is a fitness program specifically targeted to seniors in order to help them stay fit and healthy. Participating fitness and wellness centers, gyms and YMCAs have specially trained instructors. You may be able to join group exercise classes, the classic program with a variety of exercises, fitness and workout programs for cardiovascular and muscular strength, aerobics, yoga, as well as relaxation and stretching classes for stress reduction. All programs are designed to be easy-to-follow, low-impact on movement, safe, heart-healthy and gentle on the joints and classes offer chair support in order to increase flexibility, balance and range of movement.

If you have a Medicare Advantage plan or a Medicare Supplement, you may be eligible. You can go online at www.silversneakers.com to use the SilverSneakers Health Plan Locator to find out which plans currently offer Silver Sneakers benefits. Perhaps you will even find out that you have the SilverSneakers benefit already included in your current Medicare health plan. If not, you may be able switch to a plan in your area that offers this fun way of