

Holiday Kindness

One gift we can give one another, at Christmas time and throughout the year, that costs nothing, is our kindness. This is especially true in these times of discord. Here's some food for thought:

Before you speak:

THINK!

- T** is it true?
- H** is it helpful?
- I** is it inspiring?
- N** is it necessary?
- K** is it kind?



If we can take the time to think before we speak, we can make this world a better place. It has been said that we speak more kindly to our pets than to each other, so be mindful of what you say and how you say it. As some of our mothers may have taught us, "If you have nothing nice to say, keep your mouth shut!" Try to remember that your smile or kind word can make a big difference in someone else's day!

SRC Board President Wins Special Award

On October 30, at the Princess Anne Rec Center Senior Showcase, the Mayor's Commission on Aging presented **Johnnie Williams**, our illustrious and long-serving president, with the annual "Dr. Lanny Hampel Award for Exemplary Service to Senior Citizens."

This prestigious award officially recognizes individuals whose service to seniors has been exceptional. The person's service or initiative must have extended significantly beyond the requirements of employment duties and responsibilities. **Johnnie Williams** has been our Board President for 10 of the 12 years the

SRC has existed. He donates endless time and energy to making our unique program a success, and we all owe him our gratitude. Congratulations, Johnnie—you are so deserving of this accolade.

Free Assistance with Federal Benefits

Thomas Zeir, Constituent Services Representative for Rep. Elaine Luria, is available to help you with concerns or problems you may be experiencing with federal programs like Medicare, Veterans' Services, Passports and Immigration, Social Security, the I.R.S. and much more. **You can call him directly at 364-7629** to explain your situation and he can provide information and referrals, or if necessary, he can set up a 1:1 meeting with you at SRC. If you have questions or are stuck in red tape when dealing with a federal agency, call him.

If their office is in a position to assist you, you will need to provide him with a signed "Constituent Consent and Information Form, which you can pick up from the counter at SRC or obtain online at: <https://luria.house.gov>

Prayers Welcome

Please keep our very special friend, Patty Holmes, in your prayers. She has been bravely fighting leukemia for years and has recently been in the hospital. She has been a wonderful supporter of the SRC and could be our "Miss Congeniality." Despite all her challenges, she is not a complainer and still has her sense of humor. If you'd like to provide some cheer, send a card to her at 917 Princess Anne Rd., VB 23457.

