

# SENIOR RESOURCE CENTER, INC.

IN OUR ELEVENTH YEAR

NEWSLETTER — FEBRUARY 2019

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## Annual First Responders

### Appreciation Lunch

Wednesday, Feb. 6 11:00 am-2:00 pm



This is our yearly opportunity to show our local fire, police and rescue personnel our gratitude for all that they do to keep us safe.

This has become a very successful tradition and we look forward to sharing our food and fellowship. We ask that SRC members bring casserole meals, salads or desserts and remember, we will be feeding many guests. The first responders usually visit in shifts, so we will be serving from 11 a.m. – 2 p.m.

## JOY Just Older Youth

### Lecture and Pot Luck Lunch

Tuesday, Feb. 19 10:00 am

This month our guest speaker will be Crystal Ross from Family Care Senior Solutions, on the topic of "Solutions for Home Independence." This local health care agency provides an array of in-home services, including geriatric case management. The lecture begins at 10 a.m., but if you'd like to have your blood pressure checked, plan to arrive at 9:30 a.m. A pot luck lunch will follow the presentation so please bring a dish to share. If you can, also bring one item of non-perishable food for the Food Pantry.

♥ Happy Valentines Day ♥

## Ballroom Dancing Lessons

Our esteemed exercise instructor, Rita Joyner, is now also offering ballroom dancing lessons. On Feb. 5 and Feb. 19, from 7 – 9 p.m., join these free classes and have fun while getting some exercise. Rita had her own dance studio for decades and now leads the Silver Steppers, a senior dance troupe, so she has a lot of knowledge and expertise to share.

## A Sad Farewell to a Special Friend

We were saddened to learn that Marilyn Danner passed away on December 23, 2018, after a courageous battle with breast cancer.



Marilyn was the first Vice President of the Senior Resource Center and, along with her dear husband Bob, was a very active and instrumental volunteer at SRC. She was also a remarkable caregiver to her great grandson Danny, who was part of our center since his infancy. Marilyn's spirit and zest for life will be missed. We are honored that her family asked that donations in her memory be made to the SRC.

## Annual Medicare "Wellness" visits

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit once every 12 months to develop or update a personalized prevention plan. You pay nothing for this visit if