

reminded never to take life for granted. If your loved one has not been named here, it is not our intent to omit anyone; however, all are remembered by the groups in which they participated, and we are sure their loss is felt in those groups.

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## Social Security Benefit Increase

Did you notice the increase in your Social Security check in January? A 1.6% cost-of-living adjustment kicked in January 1<sup>st</sup>. The average beneficiary received a jump of about \$24 a month. But don't get too excited--- the premium for the majority of Medicare B beneficiaries also increased nearly 7%, from \$135.50 a month, to \$144.60

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## Senior Services' VICAP Certified Medicare Benefits Counseling

Bonnie Dozier, Benefits Team Leader at Senior Services of Southeastern Virginia, will resume her counseling sessions at SRC. She will visit the center on the 4<sup>th</sup> Wednesday of every month from 1 – 4 p.m. for 1:1 sessions that will last 30-45 minutes each. A sign-up appointment sheet will be kept on the sign-in lectern. She provides unbiased counseling and her service is free. She can help you:

- Apply for Medicare benefits
- File Medicare claims and resolve billing issues
- Enroll in a Medicare Prescription Drug Program (Part D)
- Choose a Medicare Advantage Plan
- Choose Medigap (Supplemental) Plan
- Explain the differences between Original Medicare, Medicare Advantage Plans and Medigap Plans

- Understand your Medicare premiums
- Check Eligibility for assistance with Medicare Cost and assist with applications
- Direct to other Service that might be available through Senior Services of Southeastern Virginia

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## Save the Date Sunday, March 15 3:00 pm

**Walker School of Irish Dance Performance at Creeds Elementary School** We enjoyed last year's Irish dancers and entertainers so much, we are moving next door to the school so more of us can enjoy their talents. There will be a dessert social at the Center after the performance, so please bring a sweet to share. **No Ballroom Dance Lessons** Due to lack of response, ballroom dance lessons will not resume. You'll just have to suffer with those two left feet!

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## Military Veterans Sought

Several projects are seeking veterans:

### World War II Veterans Wanted

If you are a veteran of WW II, you are invited to participate in a local documentary photography project. Jessica Hubbard, a Chesapeake professional photographer, has launched a project to record portraits and stories of the surviving WW II veterans in Virginia and potentially beyond. She hopes to compile them in a possible book or exhibit. She wants to capture their stories before time runs out, as more veterans pass away daily.

An estimated 9000 veterans reside in Virginia and Mrs. Hubbard hopes to interview and photograph those whom she can locate. The sessions would be free. If you are a World War II veteran or know one locally, contact her at: email: [jessnicolephotography@gmail.com](mailto:jessnicolephotography@gmail.com) and visit her website at [www.jessnicolephotography.com](http://www.jessnicolephotography.com)