

Earth Day Recycling Lecture and Pot Luck Lunch

Monday, April 22 11:00 am

On trash day are you ever confused about what you should put in the black can and what should go in the blue can? Is trying to figure out what to recycle and what to put in the black can even worth the effort? What does China have to do with how careful you are about tossing that empty box in the blue can? You can have all of these questions and more answered by coming to the SRC on Monday, April 22, at 11 a.m. to hear Kristi Rines, Recycling Coordinator for the City of Virginia Beach, explain how Waste Management works. Bring a covered dish and stay for lunch, always a good way to start the week.

Fort Norfolk Field Trip Wednesday, April 24

Our next day-trip outing is scheduled for Wednesday, April 24. We will leave SRC at 9 a.m. to travel to Fort Norfolk, a little recognized part of the history of Norfolk and the only still-intact fort built to protect our early new nation. We will visit the Fort at 10 a.m. and cross the street and visit the Waterfield Building, the headquarters of the Norfolk office of the United States Corps of Engineers. This building was named after Harold Waterfield, a native of Morse's Point, Princess Anne County. We will be able to appreciate the honor for him as we learn about the very important work of the Corps of Engineers. (You might want to be better prepared for this session by reading the article about Mr. Waterfield in our *Glimpses of Down County* book.) Also while we are at the Corps' site, we will get a quick explanation of their oyster gardens. We will then take a short ride over to the Freemason Abbey for lunch. You will have a choice of entrees from which you will need to select when you sign up for the

trip. After lunch, we will visit St. Paul's Episcopal Church, one of the few buildings left in Norfolk after the attack during the Revolution. We will return to the SRC by 4 p.m. The total cost of the trip (including lunch, bus and driver tip) is \$50.00 per person. We have a limited seating capacity on the bus, so make your reservation soon by stopping by the SRC to confirm your seat and to make your lunch selection. This is an opportunity to learn more about our early nation as well as about the great work done today to build roads and bridges and other infrastructure that keeps us moving safely and conveniently.

National Healthcare Decisions Day April 16

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and health care providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.

This annual event is intended to remind us of the importance of putting our health care and end-of-life wishes in writing. Too many of us don't want to think about such serious matters, let alone complete the necessary documents. However, if and when the time comes that you are unable to speak for yourself in order to tell your doctors what treatments you do or don't want, you will be out of luck if you haven't taken the time to put your wishes in writing. Advance care directives allow your chosen "agent" to relate your wishes to medical providers. Blank copies of this free form, Virginia Advance Directive for Health Care, approved by the State of Virginia, will be available at the center or you can complete it online at www.vdh.virginia.gov. You do not need a lawyer to complete this document—all it requires is your time.