

Postage Stamp Increase

Did you know the U.S. Postal Service once again increased the price for first class stamps by 5 cents? As of Jan. 27, 2019, a stamp now costs \$.55! If you use already had Forever stamps on hand, they are still valid.

End of Our Recycling Efforts for SPCA

Due to changes at the SCPA, **we will no longer be collecting cardboard tubes or medicine bottles.** If we find another resource that can use those items, we will let you know. In the meantime, we will still be collecting used printer ink cartridges, old cell phones and eyeglasses.

Thanks to Jo-Ann Roffler for taking our recycled donations to the SPCA.

Resources for Folks with Parkinson's or Multiple Sclerosis

If you or a loved one has Parkinson's Disease, you might like to check out a local center called Empowerment Wellness/Rock Steady Boxing. Studies have shown that boxing practice can improve Parkinsonians' overall status and it provides good exercise. Sessions cost \$10 each, or you can get a punch card for 10 sessions for \$80. Call Wendy Wilkerson at 474-6300 for schedule information. Her center is at 4402 Princess Anne Rd., VB 23462 (near where Ferrell Parkway begins, close to Lynnhaven Pkwy.) Wendy also hopes to start sessions for M. S. individuals, so get in touch with her if you are interested. She also provides Tai Chi and strengthening classes.

Alzheimer's Association Resources

Our local Alzheimer's Association provides several wonderful activities for free:

- **Peers and Partners-** for individuals with early Alzheimer's or other dementias and their caregivers, this program consists of two groups that meet at the same time. One group is for the people with early dementia, who engage in an activity and sharing. In a separate group, their care partners meet as a support group and to learn about resources. **Prescreening is required** for this joint program by calling 1-800-272-3900. These groups meet at Prime Plus near Wards Corner in Norfolk. Schedule information will be provided when you call to be screened.
- **Art Matters-** This group meets at the Chrysler Museum in Norfolk on the 2nd Friday of each month at 10:30 a.m. through June. Those with dementia and their care partners tour the museum with a docent. After the tour, attendees can buy lunch in the museum café.
- **Ballroom Dancing-** Meets weekly on Wed. from 10-11 a.m. in Newport News. They are hoping to begin dance lessons Southside in the near future. Those who attend say it's worth the drive for the enjoyment they receive. The art and dance classes are opportunities for couples to enjoy social time with others in a setting that is gearing toward those with dementia.
- **Early Stage Education Series-** for those with a recent diagnosis of Alzheimer's or other dementias and their care partners, this is a 3-session program that will provide a wealth of information. Classes at Prime Plus in Norfolk on Thurs., 4/25, 5/2 and 5/9 from 10 a.m.- 12 noon. Call to preregister at 1-800-272-3900;