

inclusive cost is \$116 per person. The motorcoach departs SRC at 7:00 am, West Neck Village Hall at 7:20 am, and returns at approximately 7:00 pm.

A detailed trip flyer, including lunch menu, and registration form will be available at SRC on May 1, 2018. The flyer and registration form will also be emailed to the SRC's distribution list during the first week of May. This trip is organized and managed by SignaTours, Ltd. of N. Chesterfield, VA, the company that provides motorcoach tours for Sentara. For questions please contact Mike Newbill, 757-453-6985.

Senior and Disabled Tax Relief Programs City of Virginia Beach

City Council has adopted a program to assist qualifying individuals on both real estate and personal property taxes. We encourage qualifying senior citizens and disabled persons to take advantage of our tax exemption programs. This program is managed by the Commissioner of the Revenue.

Applications for Real Estate Tax Exemption are taken in the Commissioner of Revenue's Office, Municipal Center, Building 1, by appointment only from February 1 through June 30. Call the Commissioner of the Revenue Real Estate Qualification Division at (757) 385-4385 for information and an appointment.

Applications are taken in the office of the Commissioner of the Revenue, Municipal Center, Building 1, by appointment only **from February 1 through June 30**. To qualify, individuals must meet income and net worth limitations.

BASIC REQUIREMENTS TO QUALIFY

- SENIOR CITIZENS must be at least 65 years of age

- TOTALLY DISABLED individuals must be totally AND permanently disabled - there is NO age limit - \$10,000 income exclusion allowed
- MUST RESIDE in the Virginia Beach home or mobile home or a convalescent facility

TAX EXEMPTION / FREEZE

- Annual household income must not exceed \$53,753 for TAX EXEMPTION
- Annual household income must not exceed \$70,137 for the FREEZE
- Assets must not exceed \$350,000 (OTHER THAN RESIDENCE)

*The percentage of tax exemption varies based upon income level.

FYI

If you have well water and an underground fuel storage tank that could contaminate your water supply, the State of Virginia has a program that can remove the tank or prepare it so that it will not cause you future problems. This service is free. If you would like to know more about it, contact Johnnie Williams at 757-721-6378 or at johnnie564@gmail.com.

5 Common Complications from Diabetes

By Renata Gelman (AgingCare.com)

Staying healthy is a challenge for everyone, but for those managing diabetes, staying on top of changes to health status is crucial. According to the CDC, diabetes is the seventh leading cause of death and can lead to permanent disability.

Even if a diabetic is doing everything right—managing and testing blood glucose levels, exercising, eating healthy etc.—a host of complications can surface, such as heart problems, nerve damage or blindness. It is