Community Heroes

Sister David Ann Niski (left)
Lisa Wright-Martin (right)

Tony Orlando
Plays Hampton Roads
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Since 1997, people in need across the Peninsula have benefitted from the tireless efforts of Sister David Ann Niski. As a Bernardine Franciscan sister, Sr. David Ann’s professional and personal mission has been to serve the poor, with a special focus on homelessness. The New Jersey native and former mathematics teacher holds key positions with several organizations in the area, all with a common purpose: helping those in need.

A New Chapter
In 1996, the Bernardine Franciscan Sisters Foundation was established as a way to enable the Bernardine Sisters of the Third Order of St. Francis to further their mission by increasing their ability to provide services to the poor. By providing funding and assistance to agencies whose missions involve helping the poor and disadvantaged, the Foundation’s vision of improving human conditions on the Peninsula can be realized. To that end, Sr. David Ann has managed all aspects of the Foundation’s development and operations since its inception, helping to choose the recipients of hundreds of thousands of dollars in grant money each year.

“It is very rewarding when we are able to alleviate need and suffering in the communities where we live and work,” says Sr. David Ann. “There is no simple solution to meeting those needs. It takes nonprofit agencies, government, and businesses working together to address the many issues that people face.”

There is no simple solution to meeting those needs.

Helping the Homeless
It is no surprise that Sr. David Ann’s passion for helping the homeless has led to her involvement in organizations beyond the Bernardine Franciscan Sisters Foundation. In 1997, she became a volunteer with PORT, the winter shelter program for the homeless in Newport News, and later joined the group’s steering committee to help coordinate the efforts of more than 100 volunteer churches involved with the organization.
When the Patient Protection and Affordable Care Act (ACA) was signed into law by President Obama in March 2010, it outlined a plan to give many Americans greater access to affordable preventive care and other important services. But along with coverage came questions — lots of them. In fact, a September 2013 survey by USA Today and the Pew Research Center found that just 25 percent of Americans claimed to understand the law and its provisions “very well.” That leaves almost three quarters of the population with unanswered questions or unclear information about this important legislation.

For the country’s 49.5 million seniors currently on Medicare, perhaps the most important question is how the new law will affect the program. According to the U.S. Centers for Medicare and Medicaid Services, Medicare coverage is protected — and even enhanced — by the ACA. Since Medicare is not part of the Health Insurance Marketplace, seniors do not have to replace their Medicare coverage with Marketplace coverage, and they will continue to enjoy the same benefits they currently have.

What’s New?
The official Medicare website explains that, under the ACA, seniors will get more services at lower costs. Medicare will cover certain preventive services, including mammograms and colonoscopies, without charging for Part B coinsurance or a deductible. In addition, an annual free wellness visit will be covered through Medicare. At that visit, seniors can be screened for many common health concerns, including diabetes, high blood pressure and high cholesterol. Smokers can also obtain free counseling to help them quit the habit before it causes serious problems.

Most seniors will also save money on prescription drugs, as the ACA begins to close the “donut hole,” a term often used to describe the gap in coverage that forces Medicare recipients to pay the full cost of their prescription drugs up to a certain amount. Plans are in place to close the gap completely by the year 2020.

Until then, seniors who find themselves in the donut hole will receive significant discounts on brand-name prescription drugs that are covered by Medicare Part D. According to a report by the AARP, these discounts begin at 52.5 percent in 2013 and gradually increase to 70 percent by 2019. The Virginia Poverty Law Center
reported that, as of 2013, Virginians had already saved more than $84 million as a result of these drug discounts.

**Improving Care Quality**

Seniors are not the only group who will benefit from changes brought by the ACA. Physicians will receive additional resources that support the coordination of care, which should translate into more consistent treatment plans for seniors while reducing preventable issues and hospital re-admissions. Hospitals will also receive strong incentives for improving the quality of care provided to seniors.

Possibly the most important element of the ACA, with regard to seniors, is the provision that ensures the protection of Medicare until the year 2029. This represents a 12-year extension of the program due to reductions in waste, fraud and abuse — and helps ensure future cost savings on premiums and co-pays.

If your benefits are working for you, it is not necessary to make any changes at all.

**What’s Not Changing**

With so much discussion about the changes brought to Medicare by the ACA, seniors might wonder if anything about the program will remain unchanged. First and foremost, patients will be able to continue receiving treatment from their existing physicians. The ACA will not force Medicare users to change doctors.

Medicare premiums will not be rising as a direct result of the ACA, either. While it is true that premiums do rise each year, so do healthcare costs. As a result, Medicare premiums have always risen slightly on an annual basis to accommodate them, but those increased costs are not related to the ACA.

**Open Enrollment**

“Seniors will begin to see many advertisements this fall regarding healthcare changes,” noted Steve Zollos, Executive Director of Senior Health and Healthy Communities for Bon Secours. “It is true that open enrollment is coming, but if your benefits are working for you, it is not necessary to make any changes at all.”

Indeed, from October 15 through December 7, seniors will be able to participate in Medicare open enrollment, during which time they can reevaluate their Medicare benefits and options, and make changes as needed. But if no changes are needed, no action is required.

**For More Information**

Visit www.vaseniorservices.com for help in choosing the right Medicare coverage.

For many people church is the one place they rely on for help — even for their physical ailments. Through the Bon Secours Faith Community Health Network, congregations are receiving assistance — and the partnership between healthcare professionals and faith communities of all denominations is thriving.

"The Bon Secours Faith Community Health Ministry Network assists local churches and other faith-based organizations in their efforts to promote the physical, mental, and spiritual health of their members and the community," says Lisa Wright-Martin, director of the program. "We serve churches of all denominations as well as other faith based organizations, offering ongoing support, mentoring, and education."

A Community of Care
As a nurse practitioner and long-time member of her own church’s health ministry, Lisa was eager to take on her current role, which involves overseeing the network of more than 130 member churches. Training volunteer nurses from those congregations, Lisa, prepares them to serve as educators and advocates within their faith communities, with a focus on health promotion and disease prevention. Faith community nurses typically spend 10 to 20 hours per week assisting with the health needs of their congregations.

"I want to see people live healthier, happier, longer lives — not just physically, but spiritually as well," says Lisa. “People want to feel better and teach their families to do the same. Our nurses and lay health promoters work through their faith communities to give people the tools they need to live healthier lives, and I’m proud to be a part of those efforts."

Mind, Body, & Spirit
Faith Community Nurses learn how to survey their congregations to determine their needs as a whole. In addition, they conduct health assessments for individuals within those congregations to address emotional, physical, and spiritual needs. It is not uncommon for Faith Community Nurses to accompany members to their doctors’ appointments, assist with medication adherence, check blood pressure, and provide health-related information. Through the network nurses are able to learn about the most current health and disease prevention strategies — making them invaluable assets to their congregational families.

“Our nurses handle a wide range of situations and they do so many things for their congregations,” notes Lisa. “At one end of the spectrum, they might be teaching new parents how to care for infants, and at the other, they could be supporting terminally ill individuals and their families during the death and bereavement process.”

These nurses also teach lifestyle management for those with conditions such as hypertension and diabetes, while giving individuals who suffer from chronic issues such as multiple sclerosis or heart failure the tools and strategies to make the most of every day. They can also share stress management techniques or help patients prepare for or recover from surgery.

“Simply put, a faith community nurse is a person of faith who is committed to promoting the integration of mind, body, and spirit,” adds Lisa.

Dedication in Action
Ms. Martin not only oversees the network’s activities, but she also puts her knowledge to work as an active member of her own church’s health
ministry. She was recognized for her efforts when she received the Hampton Roads Child Health Advocate Award in the category of faith-based advocate from the Consortium for Infant and Child Health in 2009.

“It is incredibly gratifying for me to see people look and feel better,” says Wright-Martin. “Being honored with this award was just an added bonus and I was very humbled to receive it. I’m blessed to do the work I do, and I feel that when we, as a people, work together in health and wellness, we build stronger, healthier, more vibrant communities.”

In 2006, Sr. David Ann was invited to join the board of directors of the Housing Development Corporation of Hampton Roads, a group that provides quality, affordable housing opportunities in safe neighborhoods to low-income individuals and their families, as well as the disabled, veterans, and those with HIV/AIDS.

“We began acquiring houses and apartments in 2008 and we already have 24 housing units for clients with various needs,” notes Sr. David Ann. “Our organization prides itself on providing quality, affordable housing in order to stabilize individuals and families.”

A Beacon for Those in Need
Sr. David Ann also serves on Sheriff Morgan’s Newport News Reentry Council and is a member of its subcommittee on housing. She is also a member of the Greater Virginia Peninsula Homelessness Consortium and the Virginia Coalition to End Homelessness.

“Sr. David Ann is a true community advocate, and she is incredibly supportive of the people who live here,” says Pat Robertson, CEO of Mary Immaculate Hospital. “She certainly helps make the Peninsula a better place for all citizens to live, and I am very proud of all the hard work she does for our community.”

Her ongoing efforts to help the homeless have garnered many honors and awards, including the 1997 Volunteer of the Year Award from the United Way, the 2001 Good Neighbor Award from the Hampton Roads Chapter of the American Red Cross, and the 2004 Humanitarian Award from the National Conference for Community and Justice. In 2011, Sr. David Ann received the Bank of America Local Hero Award in recognition of her service to the community.

“I am grateful to God that He blesses me every day with the physical, mental, and spiritual ability to continue doing the work He has called me to do,” says Sr. David Ann. Peninsula residents are equally grateful.
Club 60 at DePaul

On any given Friday at DePaul Medical Center’s Cafeteria, you can find a dedicated group of seniors enjoying each other’s company and eating a well-balanced and nutritious meal. They’re part of ‘Club 60,’ a group of active individuals who are simply enjoying a meal together.

At Club 60, DePaul Medical Center and Morrison Healthcare Food Services step up and provide for a fantastic seniors night out.

“This is a great program, and I want to grow the participation,” said Derrick Mason, Executive Chef. Since August of 2012, with the help of their dedicated kitchen staff, Ms. Evelyn and Cookie, they have served well over 1,000 seniors at Club 60.

“It’s a great program,” said Michele Rivers, Food & Nutrition Service Director, “you get a full meal including an entrée, two sides, soup, salad, dessert, and a large drink for just $5. You can’t beat that! As if that’s not enough, you also get the great company of other seniors, and the chance to participate in a game or enjoy some entertainment.”

For the past fifteen years, Catherine Harnagle has been attending and is currently the key volunteer overseeing the dinners. “It has been so much fun and I’ve made so many friends,” said Catherine.

Dinner service begins at 4:00 p.m. with entertainment by Dorothy Leigh Traweek, a superb pianist who has been playing for Club 60 since 1996. “We have a great time, and I love doing it,” said Dot.

“I meet so many people, young and old, who weave a tapestry in my life and become like a second family to me,” said Mildred Hunt, another Club 60 volunteer. “All the friends and activity helps me to live my life with a purpose; even with its ups and downs life is good. Join us at Club 60 this Friday evening.

DePaul Medical Center Cafeteria
Every Friday at 4:00 p.m.
Cost: $5
888-490-9355
The Healthcare You Need Made Easy
You are leaving your doctor’s office with prescription in hand. Now where to go to get it filled? If you’re like most people, the last thing you want after a medical visit is to have to try to find a pharmacy to get your prescription filled. That’s why the Good Health Pharmacies were created.

Good Health Close To You
Your Good Health Pharmacy allows you to obtain prescriptions and over-the-counter medicines — as well as consult with a pharmacist — just a few steps from where you see your physician. These outpatient pharmacies offer convenient, affordable health care services. Currently these ultra handy pharmacies are located at Mary Immaculate Hospital, Harbour View Health Center, Maryview Medical Center, DePaul Medical Center, and St. Mary’s Hospital.

$4 Prescription Program
With competitive pricing on prescriptions, including a $4 generic prescription program, customers can obtain most commonly used generic medications. Physicians can even provide your prescriptions electronically, further reducing your wait time. The pharmacies accept all commercial insurance and Medicare Part D. They even bill for and take assignment for Medicare and Medicare supplements for Part B medications. As a Good Health Pharmacy customer you will also find dedicated parking close to the pharmacy entrance, making your visit quick and convenient.

Investing In Your Care
“Bon Secours has long invested in the health and well-being of the communities we serve through extensive wellness initiatives and accountable care, which includes the Good Health Pharmacy,” said Michael K. Kerner, CEO, Bon Secours Hampton Roads Health System. “We are proud to now provide convenient access to affordable pharmacy care at all four Bon Secours facilities in Hampton Roads. These pharmacies provide added value to both our employees and the people we serve in our community.”

There’s a Good Health Pharmacy near you:

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Hours</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>DePaul Medical Center (Atrium Pharmacy)</td>
<td>(M-F) 9:00 a.m. – 5:00 p.m.</td>
<td>757-889-6530</td>
</tr>
<tr>
<td>Maryview Medical Center</td>
<td>(M-F) 9:00 a.m. – 5:00 p.m.</td>
<td>757-398-2000</td>
</tr>
<tr>
<td>Health Center at Harbour View</td>
<td>(M-F) 9:00 a.m. – 6:00 p.m.</td>
<td>757-541-1100</td>
</tr>
<tr>
<td>Mary Immaculate Hospital</td>
<td>(M-F) 9:30 a.m. – 6:00 p.m.</td>
<td>757-947-3740</td>
</tr>
<tr>
<td>St. Mary’s Hospital</td>
<td>(M-F) 8:30 a.m. – 6:00 p.m. (Sat.) 9:00 a.m. – 1:00 p.m.</td>
<td>804-893-8630</td>
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The Journey Begins

In June, an effort to make our community one of the healthiest in Virginia was launched as eight families accepted the “let’s get healthy challenge” and joined the new ‘Passport to Health Program.’

The pilot program got off to a great start as each of the participants received an overall health assessment. Then each household was given access to plenty of fresh fruits and vegetables at their very own produce market. Chef Jalil, owner of Custom Eatz, demonstrated how to prepare a healthy meal consisting of Citrus Herb Crusted Chicken with Oven Roasted Green Beans, and Red Potatoes using the fresh vegetables from the produce market. When the meeting was over, participants were given pedometers and water bottles, and each family filled their “Farm to Table boxes” with fresh vegetables and fruits from the produce market. They even received healthy recipes that called for the ingredients provided at the market. It was a great start to their journey.

Learning Health

“You could really tell the families were excited to get started on their journey and learning how to live a healthier lifestyle,” said Joanne Merinar, Health & Wellness Coordinator for Bon Secours Healthy Communities. “It’s especially rewarding to see entire families learning to live healthier lives together.”

Since that first meeting, the families have been receiving weekly Farm to Table Boxes from Five Points Community Farm Market filled with fresh produce including: tomatoes, corn, onions, collards, green beans, purple husked beans, potatoes, apples, blueberries, cantaloupe, watermelon, and nectarines. Healthy recipes using that week’s produce are also provided.

Early Results

“Joanne keeps in touch with each participant,” says Steve Zollos, Executive Director for Bon Secours Healthy Communities. “She encourages, gets feedback, and presents challenges that keep us all motivated. She even comes up with fun things like taste testing healthier drinks to help us to stop drinking sugar-laden sodas. It was nice to hear the feedback after the second week. One participant said her husband was now taking fresh tomatoes and squash to work as his snack and had lost 5 pounds in two weeks. Another was exercising regularly, and everyone is eating better.”

Moving Forward

As the program moves into its third month participants will be trying to walk at least 10,000 steps a day – the person with the most steps at the end of the program will win tennis shoes for their entire family. One younger participant told his mom, “I bet I’m going to blow your steps away because you sit all day at work!” Another challenge is exercising at the gym at least three times a week. Participants will have new challenges as the Farm to Table boxes turn from the more common summer vegetables and fruits to the colder weather vegetables like turnip greens, collards, and various winter squash that many in the community haven’t tried or know how to prepare.

“I’m not worried,” said Joanne, “With one participant already losing 30 pounds since starting the program, another noting that her finger nails are stronger and have stopped breaking because of her new healthy eating habits, the exciting and fun things these families will learn over the next few months will help them succeed in becoming healthier. The weather will change and the foods will change, but the most important change will be in the health of our participants.”
Seniors, teens, local businesses, and community leaders joined hands at the bowling alley to raise money for the Care-a-Van mobile medical unit at the 4th annual “Rally at the Alley.” The tournament was a combination of fun, networking, and exercise.

For the Health of it
Some seniors took advantage of the free bone density screening as last year’s top team defended their title. Top individual bowling honors and trophy went to Tycon Medical’s Chris Smythe, who vowed to return for a ‘three-peat’ in 2014.

Generous Thanks
Through the generous donations from local businesses, and the sale of raffle tickets, one-thousand dollars was raised in support of the free medical care provided by the Bon Secours Care-A-Van. Special thanks are extended to DePaul nurses, Margaret Hill, R.N, Nurse Manager, Wallicia Chavis, R.N., and Amber Smith, R.N. who performed the bone density screenings and to everyone who made this event a grand success.

Rudy White, Health and Wellness Coordinator commented, “It was great to see so many people come out and support this great cause. Over a third of the participants were seniors.”
Changing Our World

Making A Difference
Want to have a meaningful, positive impact on the world? Volunteering is about giving your time, energy, and skills to make the world a kinder, healthier place. What better way to maintain a true sense of purpose and achievement?

Did you know that being a volunteer has benefits for the volunteer as well? Things like better health, lower stress, more meaningful relationships, and a sense of belonging. Here are some community heroes who have literally changed the world through their volunteer efforts at Bon Secours Hospitals.

Impacting Our World
“Most of our volunteers tell me that they enjoy serving the patients, families, and visitors because they believe in the Sister’s mission,” said Trish Conlon, Volunteer Director at St. Mary’s Hospital. “Our volunteers feel valued and they enjoy giving back to their community. The employees at the hospital become their extended family.”

Evelyn Early, who currently works in the mailroom says, “Volunteering has done so much more for me than I could ever imagine.”

Gustavia “Gussie” Wise retired in July from volunteering at Mary Immaculate Hospital. Gussie was awarded the Bon Secours Senior Hero Award in 2011.

Noleen Curren has served as Vice President and President for the Auxiliary Board, and served on the Board of Directors for Mary Immaculate Hospital.

“I volunteer because God has given me 6 days for myself and it’s the least I can do to give one back to help others,” said Ann Glen.

Are You Ready to Change the World?
Volunteering is an excellent way to acquire life experience. Change the world and join our team of dedicated volunteers.

Rudy at 757-217-0330
www.eseniorhealth.com/about_us/volunteer.php

Volunteer Community Heroes
Listed by their years of service.

- Nancy Nagle-Bolio (47)
- Carolyn Burke (44)
- Elizabeth Welton (43)
- Gladys Eubank (41)
- Gene Oakey (41)
- Phyllis O’Halloran (39)
- Mary Washbourne (39)
- Doris Lewis (38)
- Pete Brauer (37)
- Mary Tremble (36)
- Martha Boyer (34)
- Evelyn Early (34)
- Lloyd Bell (33)
- Ruby Wilson (33)
- Gustavia “Gussie” Wise (33)
- Helen Belamarich (32)
- Noleen Curren (32)
- Ann Glen (32)
- Jean DalleMura (31)
- Nancy Gerould (31)
- Millie Heltzer (30)
Helping Children Shine

Building Hope
Project SEARCH is a nationally recognized program that provides education and occupational training that leads to meaningful employment for youth with intellectual disabilities, especially those with autism spectrum disorder (ASD). Individuals with ASD can have difficulty with normal social interaction and finding employment. Becoming self-sufficient can be especially difficult. More than 80% of the students who participate in Project SEARCH are gainfully employed.

Partners in Learning
Project SEARCH is a partnership between Virginia Commonwealth University, the Virginia Department of Aging and Rehabilitative Services, local school systems, and employers, including Bon Secours. Over the course of the project’s first two years in Richmond, Bon Secours St. Mary’s Hospital hosted six Project SEARCH interns. Each department assigned a mentor to their intern and in ten short weeks all six students graduated from their initial session.

The interns had each done such excellent work that Bon Secours announced that all six students would be offered employment at St. Mary’s Hospital. Since then, the Bon Secours Health System has graduated 47 students and most have found meaningful employment in the community.

Providing A Unique Experience
“We are blessed to be a part of Project SEARCH,” said Wes Thiss, Administrative Director of Support Services at St. Mary’s Hospital. “It is a blessing to us to have the opportunity to get to know these students and to watch them succeed. It was an easy decision for us to offer employment to these young professionals — they continue to teach and inspire us as well as contribute to our mission and organizational success.”

Project SEARCH interns restock supplies, deliver meals, work in a variety of hospital departments, and have become valuable members of the team of caregivers who bring good help to those in need.

“Bon Secours offers a unique experience for the students,” said Jennifer McDonough, Project SEARCH program coordinator, “There is something different when you walk into any of their facilities. You feel that you are a part of a family, and this is a huge thing to give a student. To envelop them in love, respect, and dignity — all values of Bon Secours — is a great thing.”

Project SEARCH students are also employed at Maryview Medical Center in Portsmouth, and Memorial Regional Medical Center in Hanover where 15 new students were welcomed into the Class of 2014.

Contact Holly Whittenburg
WhittenburgHN@vcu.edu.
Trips & Events

For information call 1 (888) 490-9355

**Trips**

**Harrington Raceway & Casino**

**Thursday, November 14, 2013**

**Thursday, April 24, 2014**

Return to this ever popular gaming location! Enjoy trying your luck at the gaming tables and over 2,000 slot machines!

**Price includes:** $30 free play card, continental breakfast, refreshments, games, and prizes. Bonus package is subject to change.

**Cost:** $51 (Fun Tours)

**California New Year’s Getaway**


**Featuring the Tournament of Roses Parade**

Ring in the New Year with an exciting trip to southern California. Find Pasadena abuzz with preparations for the famous Tournament of Roses Parade and get a sneak-peek as final touches are put on the massive floats. Listen as select Parade Bands perform at a special Bandfest presentation. Celebrate the season with a New Year’s Eve Gala Dinner Dance, with live entertainment and a champagne toast to the New Year. Enjoy prime viewing with reserved seating at the Pasadena Tournament of Roses Parade.

**Tour includes:** Ground and air transportation, 5 days, 6 meals. (Collette Vacations)

**Cost:** Call for details.

**Atlantic City Tropicana Casino Hotel**

**Wednesday – Friday, January 22-24, 2014**

Sit back and relax as we travel to Atlantic City, New Jersey and enjoy 2 nights lodging at the Tropicana Casino with time to shop and stroll the Boardwalk. Atlantic City has become the world’s most popular tourist mecca. It glitters with spectacular excitement, breathtaking casinos, and world renowned entertainment.

**Price includes:** Continental breakfast and a bonus package including $30 slot play, 2 buffets, and admission to the Casino Revue Show (Bonus package is subject to change)

**Cost:** $226.00 per person – Double, Triple or Quad $279.00 per person – Single (Fun Tours)

**Springtime at the Biltmore**

**Monday – Wednesday, April 28-30, 2014**

Join us as we travel to the largest home in America, the Biltmore, in beautiful Asheville, N.C. Have a great day exploring this 250 room mansion. Then enjoy a guided tour of the fabulous gardens surrounding the home, a visit to the gift shop, and a trip to the famous Biltmore winery. Dinner will be enjoyed at one of the many great local restaurants.

**Price includes:** Round trip motor coach transportation, 2 nights lodging, 2 breakfasts, 2 dinners, cancellation waiver, all guided tours, and entry fees.

**Cost:** $449 double, $439 triple/quad, $559 single occupancy. (Amber Tours)

***How to Register***

- Pre-registration required for all trips & events.
- Deposits due within 7 days of reservation.
- Cancellation Insurance is strongly recommended and can be purchased through the trip’s motor coach company unless otherwise noted (Ask for details). Bon Secours Senior Health is not responsible for losses that may occur related to your travel.
- **Motor coach trips:** Full payment due 45 days before departure. Make checks payable to the listed tour company.
- **Events:** Make checks payable to Senior Health. Full payment due 14 days before event. Mail to: Bon Secours Senior Health 7300 Newport Ave, Suite 400 Norfolk, VA 23505
Cruises

9-Night Bermuda and Caribbean Cruise
Thursday, April 24, 2014

When it comes to beautiful beaches and sparkling blue waters, Bermuda and the Caribbean are really in a league all their own. Countless adventures await you on this wonderful cruise vacation departing from Cape Liberty Cruise Port in New Jersey on Royal Caribbean’s Explorer of the Seas. This fabulous and unique itinerary includes ports of call at Kings Wharf, Bermuda; Philipsburg, St. Maarten; San Juan, Puerto Rico and Labadee, Haiti (Royal Caribbean’s private paradise.) Jump on-board and start your adventure today!

Prices are: Per person and include port charges, taxes, cancellation waiver and gratuities! Transportation with one pre-night hotel stay to New Jersey is available for an additional $150. These fabulous group rates are significantly lower than the current selling price and they won’t last for long. Call now to get the best deal and get your adventure rolling!

Cost: $1288 Ocean View, $1488 Balcony.

12 or 14 Night Transatlantic Normandy D-Day 70th Anniversary Cruise
Saturday, October 25, 2014

No other place in France holds more associations in the memories of British and Americans alike, than historic Allied landings on D-Day — June 6, 1944.

2014 is the 70th anniversary and Le Havre has not forgotten those days of WWII. Today, Le Havre is France’s second largest port and the gateway to Paris, the Norman countryside, and the historic landing beaches. Ports of call include: London, England; Paris/Normandy, France; Vigo, Spain; Lisbon, Portugal, Azores Islands, Portugal, Bermuda, Ft. Lauderdale & Houston, Texas.

Learn all the other exciting details about this wonderful trip onboard the fantastic Emerald Princess at one of our cruise previews.

Cruise includes: $100 per person shore excursion credit, cabin upgrades, and 2 for 1 specialty dining.

Cruise Preview Dates: (Registration is required)
- DMC November 12 10:00 a.m.
  (Senior Health Office)
- MIH November 13 1:00 p.m.
  (Ruth Bell Room)
- MMC November 14 10:00 a.m.
  (Conference Room B)

Events

Holiday Gathering!

The song tells us, “It’s the most wonderful time of the year, It’s the happiest season of all”—and it’s right around the corner. Take a break from shopping, cooking, decorating, and wrapping and revel in the splendor of the season with the melodious sounds of Adam and Vicki Gicz who will entertain you with songs of the season ranging from traditional to pop. Then sit back, relax, and enjoy a delicious holiday meal, surrounded by friends at this year’s Holiday Gatherings.

MMC December 5 11 a.m.
MIH December 12 11 a.m.
DMC December 17 11 a.m.

DePaul will be meeting at:
Lighthouse Community Church
9609 9th Bay St., Norfolk, VA 23518

Cost: $12

Exercise Classes

The Norfolk Senior Health office offers FREE exercise classes. Whether you need to improve, or simply maintain your health, these exercise classes are ‘just what the doctor ordered.’

Mondays:  Stretch and Tone, 10:00 – 11:00 a.m.
         Exercise for Arthritis, 11:30 – 12:30 p.m.

Thursdays: Beginner’s Exercise, 10:00 – 11:00 a.m.
        Sit and Be Fit, 11:30 – 12:30 p.m.

For information call 1 (888) 490-9355
Successful aging forum

Spend a day with Tony Orlando as he headlines the 2014 Successful Aging Forum on May 14 at the Hampton Roads Convention Center!

Well-known for his chart topping hits “Tie a Yellow Ribbon Round the Ole Oak Tree,” “Candida,” and “Knock Three Times,” as well as his hit TV show, Tony Orlando and Dawn Rainbow Hour, Tony brings to the stage a warmth and exhilarating energy that electrifies an audience.

Enjoy a fine lunch, exhibits, our panel of experts, door prizes, and the endearing Tony Orlando at this year’s Successful Aging Forum.

Save $5 by registering before December 15

When: Wednesday, May 14, 2014
Where: Hampton Roads Convention Center
Time: 9:00 a.m. – 3:00 p.m.
Cost: $30 (Includes lunch)

Call: (888) 490-9355