



Senior
Connections
The Capital Area Agency on Aging

STARTING NOW!

Senior Center, A Community Partnership 2710 Monument Avenue, Richmond, VA 23220
(804) 353-3171 Fax (804) 353-0061 www.seniorconnections-va.org

Volume II
Issue 7
JULY 2009

“What you can do, or dream you can do, begin it; Boldness has genius, power and magic in it.”

These words inspired the title for this monthly newsletter of The Senior Center, A Community Partnership.

As a community partner, Central Virginia Bank is proud to support the publication of this newsletter

Our July Move to 4200 Innslake Drive

Dr. Thelma Bland Watson, Executive Director of Senior Connections, wrote a letter on June 22 to all Senior Center members describing the transition to 4200 Innslake Drive. The letter was distributed to members by hand and mail. The highlights of Dr. Watson’s letter:

“Our goal is to relocate the Senior Center as of July 16th and have a grand opening and 50th Anniversary Celebration in the fall. Our new home is ready and waiting.”

“The new location will offer all of the exciting activities that you love at the current Center as well as new opportunities. Transportation will be available for members as needed and details will be provided as part of the transition.”

“We are pleased to announce that Mrs. Mary Catherine Ginn Kolbert will assume the position of Executive Director of the Senior Center effective July 1. Mrs. Yinestra Robinson will remain as Senior Center Coordinator and we look forward to her ongoing contributions.”

Together, let’s move and develop our center in the new location!

In Memory of Eddie Premaza

A long-term and beloved member of the Senior Center, Eddie Premaza passed away on June 8, 2009. Eddie was very active in the Center, contributing his warm personality, skills and sense of humor to the Advisory Council, a lively game of billiards, and chatting with friends. Some of the

members were able to participate in the beautiful service, June 11th, at St. Benedict’s Roman Catholic Church.

His fellow members shared their special thoughts about Eddie:

- “Eddie was one of the finest men I know. He was gentle, humorous, kind, and thoughtful. He contributed his time, energy, and great effort to the Center.”
- “I really enjoyed Eddie and I am really going to miss seeing the big smile of his.”
- “Eddie is someone who will be hard to forget.”
- “Eddie enjoyed “his” center and worked towards making this center an interesting and active place. Thanks for all you did.”
- “Eddie was a good person to know. I was very comfortable around him. I miss him and his beautiful smile.”
- “What a sweet guy. So kind and helpful and full of fun. He will be greatly missed”

Yinestra Robinson, Senior Center coordinator explained, “Whenever Eddie was asked to do something, he never hesitated. He didn’t need to be asked, he would just jump in and do it. He was kind-hearted and very concerned for both the other members and the staff. He was excited about the move to the new location. Eddie will be truly missed, but never forgotten” Let’s honor Eddie by practicing his philosophy of “just smile and say hello to everybody.”

Learning to Dance in the Rain

“Life isn’t about waiting for the storm to pass, it’s about learning to dance in the rain. When you stumble, make it part of the dance” (anonymous)

Save a Life!

Do you know any women ages 40-49? Are they ALL getting regular mammograms? Or are some of them uninsured and not able to afford the screening? Tell your friend about the free mammograms at St. Francis Bon Secours Hospital in Midlothian. Call 359-9355 to learn about the eligibility guidelines.

If you like to help in other ways to spread the word about breast cancer screenings, please see Catherine Hendrickson at the Senior Center, 353-1176.

Get Some Exercise – Laugh Hard (anonymous)

Here are some calorie burning activities:

Beating around the bush – 75

Jumping to conclusions – 100

Passing the buck – 25

Throwing your weight around – 50-300

Making mountains out of molehills – 500

Over 60? Tackle that special goal!

Harry Bernstein, author who published his first book, *The Invisible Wall*, at age 96 in 2007. His book is an account of his childhood and youth.

Doris “Granny D” Hancock”, political activist who ran for public office at the age of 94 and walked across the US when age 90 to speak up for campaign reform.

James Fisher, blacksmith who returned from retirement to become the first person over 100 years old to achieve the ACA accountancy qualification.

Grandma Moses, widely acclaimed American folk artist who began painting in her seventies.

Arthur Winston, who at age 100 retired from his job working for the Los Angeles Metro, after 72 years missing only one day, that being for his wife’s funeral in 1988.

Current Events Group?

Tehran, North Korea, Health Care Reform . . . Are you eager to learn more and discuss the news items with fellow members? We’re hoping to start a current events group soon. Let us know what you think!