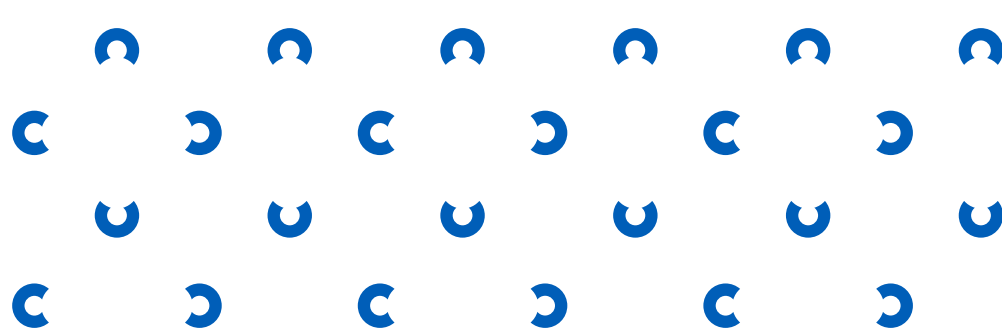




THE
CENTER



NEWS from THE CENTER

NOVEMBER/DECEMBER 2018

Don't take a holiday from physical activity



That second helping of pumpkin pie ... one more glass of eggnog ... late nights with family and friends—we all know how the holidays can take a toll on our health. But with a little resolution now, your resolutions in January can be more about having fun and less about punishing yourself. The Center has lots of programs to help you make smart choices and keep moving! Check the calendar inside or visit our website for a list of healthy options.

Your healthiest self

Want to get a jump start on those resolutions? Join Master Certified Health Coach Enetta Pong on November 7 for “Imagine Your Healthiest Self.” See page 5 for details.

Financial Wellness Series

Lots of people got a little savvier about their finances during the first round of our Financial Wellness Series, a partnership with CFA Institute. If you or someone you know could benefit from education about saving or investing, keep an eye peeled for notices about our next round of workshops, coming in the spring.

Inside

- Member News pg 3
- Volunteering pg 4
- Program Notes pg 5
- Travel Guide pg 9
- Philanthropy News pg 8
- Pull-Out Calendar
- More!

NATIONAL ACCREDITATION: The process and the people who make it happen

National accreditation is a big deal. The National Institute of Senior Centers (NISC), a constituent unit of the National Council on Aging, is the accrediting agency; according to its statistics, less than 2% of the approximately 11,500 senior centers across America are accredited. The Center is currently one of just two accredited centers in Virginia.

Accredited status is good for five years, after which organizations must apply anew. The Center is one of only four in the country to have achieved this milestone three times in a row, putting us in even more rarified company. Now, thanks to the tireless efforts of dozens of volunteers, we anticipate notification of our fourth national accreditation.

Accreditation is a complex procedure that entails a rigorous, months-long process of self-evaluation and a two-day, on-site review by representatives of NISC. NISC sends workbooks loaded with questions and requests for documentation on nine standards of excellence, from purpose to programs to fiscal responsibility. The process requires a variety of stakeholders— members, staff, City and County representatives, community partners, and philanthropic supporters.

More than 55 volunteers were distributed among work groups assigned to each accreditation standard. They helped staff develop responses to questions and suggested areas for improvement, then prepared a presentation for the Accreditation Task Force, comprised of an additional 36 volunteers. Over the course of three months, task force members did an immense amount of reading in advance of meetings in order to ask discerning questions and evaluate how well The Center meets the criteria required for accreditation.

Conclusions were presented from the point of view of our community. Suggestions for where improvement might be needed included diversity of members, hours of operation, a few operational processes, and more ways to ensure the safety of the members.

Finally, Center staff compiled the application information in a binder and sent it off to NISC—all 500+ pages of it! The accreditation organization is now reviewing the documentation in the binder and will assign two peer reviewers to conduct both an offsite and onsite review of our facility, confirm support for the submitted documentation, and pose any additional questions they may have. The onsite evaluator will then make a written recommendation and the NISC Accreditation Board will review the findings and make a determination on our accreditation. ■



Guest speaker Colin Milnor (right) makes a point with Mark Kastan, Executive Director of The Colonnades, at our accreditation celebration in 2013.

Many thanks to The Colonnades for its generous and continued sponsorship of our accreditation applications over the years!

Accredited by 
National Institute of Senior Centers

Accreditation couldn't happen without the spectacular efforts put forth by a corps of volunteers, starting with our Task Force co-chairs. The powerhouse team of Enid Krieger and Paul Jacob led the way. Read about them in our “Volunteer Spotlight” on page 4!



November 21	(Wednesday) - Closing at 4:30 PM
December 17-21	(Monday–Friday) - Closing at 4:30 PM
December 26–28	(Wednesday–Friday) - Closing at 4:30 PM
November 22–23	(Thursday–Friday) - CLOSED (except for Potluck on Thanksgiving Day)
December 24–25	(Monday–Tuesday) - CLOSED
January 1, 2019	(Tuesday) - CLOSED



Hours

Monday: 8:30 AM–4:30 PM
Tuesday–Thursday: 8:30 AM–8:30 PM
Friday: 8:30 AM–4:30 PM
Saturday: Closed
Sunday: 1:00–5:00 PM

Contact

491 Hillsdale Drive
Charlottesville, VA 22901
434.974.7756
thecentercville.org

ABOUT THE CENTER

The Center’s mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960 by the University League (now Junior League of Charlottesville), the Center has been an independent 501(c)(3) charitable organization since 1963 and receives no federal, state, or local government funding for operations. *News From the Center* is a bi-monthly publication of The Center. Annual subscriptions are free for members.

**FIRST NATIONALLY ACCREDITED
SENIOR CENTER IN VIRGINIA**

THE CENTER STAFF

Kittie Abell	Campaign Director
LaMarké Chapman	Custodian/Event Facilitator
Jennifer Crews	Program Director
Emily Durbin Evans	Philanthropy Coordinator
Margaret Fitch	Program Coordinator
Kirstin Fritz	Philanthropy Director
Judy Gardner	Member & Guest Relations Coordinator
Linda Hahn	Travel Coordinator
Bridget Harrison	Marketing Assistant
Kimberly Haynes	Coordinator of Volunteer Resources
Scott Hilles	Finance Director
Lani Hoza	Program Coordinator
Zach Mayer	Facilities Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Peter Thompson	Executive Director

BOARD OF DIRECTORS

Greg Menke	President
Jennifer King	Vice President
Dick Brownlee	Treasurer
Rene Bond	Secretary
Gordon Burris	Joe Krenn
Jonathan Davis	Joyce Turner-Lewis
Rich DeMong	Larry Martin
Jean Foss	Steve Peters
Joe Gieck	Steve Shawley
Sean Greer	Christine Thalwitz
Hi Ewald	Bill Tucker
Robyn Jackson	Kurt Woerpel
Rob Jiranek	

Meet Member Wiley Martin



“Dad, this one’s for you.”

That’s what Captain Wiley Martin thought as he made his final landing in Philadelphia. His father, a B-17 bombardier who flew over Germany in World War II, was on the plane, along with his mother, his wife, and his two sons. Wiley had flown them all to Rome for a party in honor of his retirement, and then he made his last return trip down the runway in the captain’s seat. “It was a great career,” Wiley says, “and one I made up my mind to do in 8th grade.”

Wiley wasn’t always a commercial pilot. After graduating from the University of California, Berkeley, Wiley completed three tours in Vietnam as a Navy reconnaissance pilot. Then, in 1973, he started a 33-year flying career with American Airlines. During that time, he also served as an instructor for other pilots, including Chesley Sullenberger, whose story is told in the movie *Sully*. And he met Kim, the flight at-

tendant who became his wife. “We flew together all the time,” he remembers, and he felt they were the perfect team. “I was in charge up front and she was in charge in the back. We had the plane well in hand!”

It was after Wiley retired, however, that he and Kim made the decision that Wiley calls the best thing he ever did. They had seen slides of babies left in an orphanage in Kazakhstan during a presentation at their church. Wiley’s two daughters from his previous marriage were grown, and he and Kim had no children of their own. “I love children,” Wiley says, “and we looked at each other and asked, ‘Why not?’” So they adopted two boys, and raising them has given Wiley a chance to be a dad again. “I became a Little League coach, a Room Dad at their school—it was wonderful!”

Now that one of the boys is in college and the other in his last year of high school, Wiley is finding plenty of time for hobbies and other interests. An avid genealogist, he is the designated family historian, collecting letters, pictures, and diaries, including a journal kept by his great-great grandfather from 1869 until his death in 1927. Wiley also has been collecting stamps since he was a boy, spending his weekly allowance on new additions. A voracious reader, Wiley was a founding member of Nerd Night, a book club in Crozet that meets once a week to talk about books and watch documentaries. Wiley plays string bass and practices the piano every day. And he still finds time to volunteer at The Center, where you can find him at the Welcome Desk on Wednesday afternoons.

What brought him to The Center? Wiley heard about it from a friend, and when he came to visit, he found himself thinking, “I am a senior! These are my people! I like being around seniors!” Although he was surprised by the extent of his job at the Welcome Desk—“I thought all you had to do was say hi to people!” he laughs—Wiley very much enjoys the hours he spends here. “The best thing is being with people, telling our stories.” His advice to other seniors? “Embrace what you are. Own it. Those things you were putting off? Do them.” ■





MEMBERSHIP

Judy Gardner, *Member & Guest Relations Coordinator*
judy@thecentercville.org

Membership is open to anyone age 50 and better. Annual membership is \$135 per person or \$249 for a household of two. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues; please contact Judy for information.

WELCOME NEW MEMBERS!

Philip Allenbach
Sue Allenbach
Mary Elizabeth Andrews
Warren Andrews
Linda Applegate
Alexis Bean
Mark Briggs
Margaret Rose Byrne
Berti Carnice
Joan Clarke
James Davis
Su Davis
Virginia C. DeSimone
Joan F. Doherty
Marie H. Edwards
Lynn Foster
Sara Fry
Elizabeth Fuller
Michael Gibbons
David W. Gibson
Peggy Gup
Marian E. Huber
Kelley P. Jones
Mark Kastan
Barbara Kittel
Thomas E. Lull
Michelle Mead-Armor
Kathleen Moore
Ronald Moore
Virginia Morris
Robert Nedby
Linda L. Oliver
Mallory Pearson
Shirley R. Pearson
Margaret Perritt
Celia J. Pfautz

Kevin A. Pfautz
Ann Postak
Henry Reeves
Steven Rosenfield
Leona Russell
Connie Schnitger
Wayne Schnitger
Sandra Shongo
Margaret Smith
Mary C. Smith
Patricia A. Stice
Karren Tyler
Juanita Weber
Paul Wilcox
Sharon Wilcox
Patricia Wise
Kerin N. Yates

WELCOME BACK!

Gena H. Carter
Clara H. Cohrs
Alice C. Cook
Shirley B. Cunningham
Priscilla A. Faxon
Lorraine L. Frisina
Janie L. Grussing
Philip M. Grussing
Dianne T. Murray
Judith Rice
David K. Ronka
Forney L. Shell
Elizabeth A. Sutherland
Abhaya Thiele
Wilfrid P. Wilkinson
Sarah Worthington

If you joined or re-joined between August 1 and September 30, 2018, and were not recognized here, please contact Judy.

WE REMEMBER

We remember the following Center members and friends who recently passed away.

Dorothea B. Anthony
William F. Barstow
James T. Bingler
Peter Blua
Edward J. Buynacek
Mary B. Caddell
Dick Franzen
Edie Franzen
John Frazier
Ted Gaudette
Jack V. Gwynn
Dorothy Jo Halvorsen
Mabel Hedges
Shellie J. Lengel
Jacob C. Levenson
Margaret MacNeil

Marion H. Mayo
Lloyd Miller
Arthur W. Ordel Jr.
Mary Poole
John E. Putalik
Frances C. Roberson
Jane W. Rotch
Joan E. Schweitz
Glenn R. Short
Ann H. Sullivan
Genevieve A. Tarcha
Derek S. Welch
Sharon Wells
Jean H. Wright
Albert S. Yancey III

TRY IT OUT TUESDAY! New & Prospective Member Orientation

COME TUESDAY, NOVEMBER 6, NOON
OR TUESDAY, DECEMBER 4, NOON

Have you recently joined The Center? Are you considering joining but want to learn more? Then come to our next Try It Out Tuesday for a light lunch and a brief presentation about The Center, along with a chance to meet staff, program leaders, and other new members.

Thank you to [The Colonnades](#) for its support of Try It Out Tuesday.

Why join The Center when you can come for free?

Maybe you have heard someone ask this question, and maybe you have asked it yourself. You probably know that many of our programs are free and open to members and non-members alike. So, what are the benefits of membership here at The Center?

First, you can participate in members-only classes and events, such as Hiking, Chair Yoga, and Bridge. You can play in our bands or sing with our Belles & Beaux. You can schmooze with our singles or play Bunko or Mah-Jongg. You can attend Investors' Forum, Book Group, or Socrates Café. These and others programs are for members only.

You can also take advantage of some members-only benefits, such as one-on-one computer tutoring, free legal and estate planning consultation, and free financial planning advice.

You earn reduced rates on program fees and trips, and you enjoy discounts at several area businesses, including Greenberry's, The Brick Oven, and OLLI.

You receive home delivery of our monthly newsletter.

And most importantly, you help keep The Center running. Your dues allow us to offer the more than 100 programs and activities you can attend at The Center each week. So, if you are not a member, join today! Contact Judy Gardner at judy@thecentercville.org or 434-974-7756 for more information.

Do you know that The Center offers scholarships?

Are you interested in taking advantage of the more than 100 programs and activities offered at The Center each week but worried about the cost? Thanks to the gifts of generous donors, The Center offers no-questions-asked scholarships through the Mary P. Reese Scholarship Fund. These scholarships cover membership dues and program fees. For more information, contact Judy Gardner at 434.974.7756 or via email. Would you like to help someone for whom membership dues or program fees might be a barrier to participation? Donate to our scholarship fund!

Give Gift Certificates for The Center

Most people don't want or need more things, but everyone can use more fun. With gift certificates for membership, programs, or travel, you're not only giving the gift of fun, but the gift of healthy aging. Available at the Welcome Desk or online.



Members: A Gift Just for You!

Refer a friend who joins the Center and get an extra month of membership.



VOLUNTEERING

Kimberly Haynes, Coordinator of Volunteer Resources • kimberly@thecentercville.org

Hundreds of members volunteer at the Center and at other community nonprofits. We can help you find the perfect volunteer position to suit your interests, talents, and skills. Contact Kimberly to learn more, or visit the volunteer section of our website. You don't have to be a member to volunteer!

Volunteer Spotlight: *Enid Krieger & Paul Jacob*

Accreditation Task Force Co-Chairs

What makes The Center one of the very best in the whole nation? The members, the staff, and the volunteers, that's what—or rather, that's who!

Take Paul Jacob and Enid Krieger, for example. These two donated massive amounts of time and energy to oversee our effort to achieve a fourth national accreditation.

Paul has been volunteering at The Center's Welcome Desk since he moved to Charlottesville from Florida four years ago. He is vice president of The Center's Senior Council and also serves on the Peer Review Committee and the Diversity and Inclusion Task Force. In the community, Paul serves on the African American Teaching Fellows John E. Baker Legacy Dinner committee.

Born in New York City, Paul graduated from Pratt Institute in Brooklyn. He toured Europe for six months prior to beginning work in the field of architecture, a career that took him from New York to London, Latin America, and Florida. His busy life continues here in Charlottesville where two of his four children live.

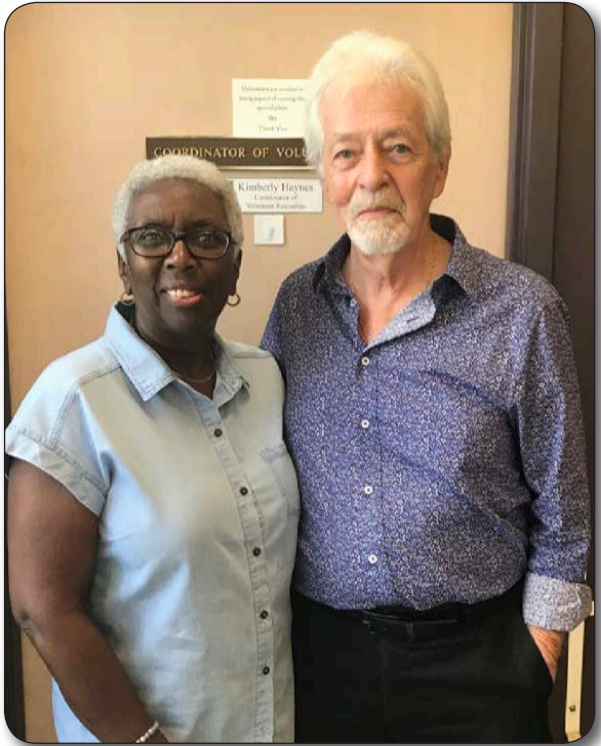
"Force of nature" is the phrase that comes to mind when you think of Enid Krieger. That's one of the reasons The Center asked Enid to co-chair the Accreditation Task Force with Paul, knowing this dynamic pairing could successfully drive an enormous project.

Enid, originally from Queens, NY, retired from healthcare in 1999 and has been in Charlottesville for 21 years, where she's become an active, sought-after member of the community. Very involved with her church, Enid sings with the choir and has held several leadership positions. She served two terms on the board of Focus Women's Resource Center and is past president of the Board of Directors of Camp Holiday Trails, past vice president of the Board of the African American Teaching Fellows of Charlottesville/Albemarle, and past chair of the Martha Jefferson Hospital Leadership Council, where she served on other hospital committees including the Patient and Family Experience Design Team for the new hospital.

Enid served two terms as a member of the JABA Ethics Committee, played a key role in the development of the 2020 Plan for Aging, and helped train volunteers for the Ombudsman Program.

She currently serves on the Institutional Review Board of UVA Medical Center and is a member of the Board of Directors of Mountainside Senior Living. And, as if that's not enough, she is also the captain of Team Andy's Angels, a 50-plus-member team that walks in memory of her husband at the annual Charlottesville Walk to End Alzheimer's.

Enid and Paul epitomize healthy aging through social and civic engagement. Through their service and example, both encourage others to pursue opportunities to help themselves, their families, and their communities.



A huge thank you and kudos to Enid, Paul, and all the volunteers on our accreditation Task Force and Work Groups for partnering with us to strengthen our organization and ensure it remains one of the best senior centers in America. It is a remarkable tribute to The Center as a community resource that so many smart, talented, busy people agreed to share their time and expertise.

We look forward to receiving notice of our fourth accreditation soon—and to celebrating with our entire community!

Volunteers Needed!

If you are interested in volunteering for any of the positions below, please contact Kimberly Haynes, Coordinator of Volunteer Resources, at 434.974.7756 or kimberly@TheCenterCville.org.

AT THE CENTER

KITCHEN LEAD VOLUNTEER

We need a volunteer to support Center staff and supervise volunteers for monthly luncheons. This lead volunteer would direct other volunteers through luncheon set-up, meal preparation with caterers, the serving process, and clean-up. The commitment is monthly, 3rd Wednesday of each month, and there is training and ongoing support. Please join our team—we need your help!

ANDROID INSTRUCTOR

Do you have skills in Android phone systems to pass on to others? We're looking for a committed, reliable, savvy person (or persons!) to present classes or teach one-on-one. This would be a program to help different levels of users become familiar with their electronic devices. You do not need to be a technology expert; having knowledge of menu navigation, programs, and apps is sufficient. If you are comfortable using your cellphone (Android) and enjoy speaking with people, this is the opportunity for you!

IN THE COMMUNITY

AARP TAX-AIDE VOLUNTEERS

AARP Tax-Aide, a program sponsored by AARP and IRS, is looking for Tax Counselors and Greeters. Even if you don't have accounting or tax prep experience, you can volunteer to interact with clients and help in filing tax returns. Volunteers should have knowledge of basic individual income taxes and good computer skills. Some experience in filing your own tax returns is important, along with a willingness to make a significant time commitment from January through mid-April 2019 in the Charlottesville, Fluvanna, and Lovingston areas. Training, including class presentations, is provided. Get the joy and satisfaction of helping by joining the AARP Tax-Aide volunteer team today! Your help will be appreciated more than you can imagine.

LOAVES & FISHES VOLUNTEERS

Loaves & Fishes Food Pantry provides free food—fresh produce and baked goods, frozen meats, and nonperishables—to help people in need in Charlottesville and surrounding communities

feed their families. More than 17% of area residents have to choose between food and other critical expenses such as housing, utilities, or medicine. With food from the Blue Ridge Area Food Bank and many local grocers, Loaves & Fishes provided 2.3 million pounds of food to 59,082 people in 2017. Its client choice model allows pantry visitors to shop for the foods their families will eat and that accommodate dietary restrictions, and adds dignity to the process of seeking aid. Whether you volunteer as a regular or on a one-time basis, your services are invaluable. Positions available include client guide, home delivery food packer, greeter, sorter, parking attendant, re-stocker, and shift leader. Shifts available Tuesday–Saturday.

UVA HOSPITAL GIFT SHOP ATTENDANTS

The Hospital Auxiliary Gift Shop in the main lobby offers flowers, balloons, gift items, books and magazines, toiletries, and more. If you enjoy volunteering in a boutique-style retail shop, this is for you! Volunteers run the cash register, stock items, provide excellent customer service, and periodically deliver items to patient rooms. Hours: Monday–Friday 8 am–8 pm and weekends 8 am–5 pm. Shifts are generally three or four hours. The gift shop is a great place to enjoy retail and make a difference for patients and their families and guests.



PROGRAMS

Lani Hoza • lani@thecentercville.org | Margaret Fitch • margaret@thecentercville.org

Many, but by no means all, of our recurring programs are listed below. See the calendar insert for a complete schedule and our website for program descriptions. Programs listed as “free and open to the community” are open to all. Guests are welcome to sample fee-based programs one time for free. Don’t see a program you’d like? Ask about starting one!

SPECIAL EVENTS

IMAGINE YOUR HEALTHIEST SELF

Open to the community

Wednesday, Nov. 7, 10:00 am–12:00 pm

Learn how to turn your health into your hobby by utilizing your internal pharmacy, reducing pain and inflammation, and moving waste from your waist. Join Master Certified Health Coach Enetta Pong for an informative and interactive session offering tips, strategies, and sustainable solutions for aging well. Please register at the Welcome Desk by Thursday, November 1.

ANNUAL COMMUNITY THANKSGIVING POT LUCK

Free and open to the community

Thursday, November 22, 12:00–3:00 pm

Bring your favorite Thanksgiving dish and join in a festive holiday gathering. Free and open to the community but please pre-register at the Welcome Desk. We also need volunteers! See ad on page 2.

HOLIDAY BAND CONCERT

Free and open to the community; donations are appreciated

Sunday, December 2, 3:00 pm

Enjoy the sounds of the season from the Second-Wind Band and the First-Wind Band.

ACCREDITATION CELEBRATION

Free and open to the community

Wednesday, December 5, 2:00–4:00 pm

The Center has just earned its 4th national accreditation! Join us for this special celebration. Dr. Ayn Welleford, VCU Associate Professor and Gerontologist for Community Voice, will be the keynote speaker. Dr. Welleford currently works to promote optimal aging for individuals and communities.

FLUTE CHOIR AND FLUTE ENSEMBLE PERFORMANCE

Free and open to the community

Thursday, December 6, 7:00–8:00 pm

The Youth Orchestras of Central Virginia (YOC-VA) invite you to a holiday concert by YOCVA’s Flute Choir and Flute Ensemble. Hear Charlottesville’s most talented middle and high school

flutists play diverse instruments, including the piccolo, alto flute, and bass flute. Enjoy holiday carols as well as music from modern composers such as Ian Clarke, Dave Brubaker, and Charlottesville’s own John D’Earth.

STILL SHARP SINGERS HOLIDAY CONCERT

Free and open to the community

Wednesday, December 12, 12:30 pm

Enjoy some holiday vocals from the Still Sharp Singers, under the direction of Mike D’Antoni. The Barbershop Belles and Beaux, with June Andrews directing, will also perform.

SPECIAL PROGRAMS

BRACELETS, A NECKLACE, AND BEADS – OH MY!

Open to the community

Tuesdays, Nov. 6, 13, and 27;
10:00 am–12:00 pm

Get a head start on making some fashionable holiday gifts or just take home some bling for yourself! Bobbi Hughes will teach you how to make a stack of trendy beaded bracelets, an easy wire wrap bracelet, and/or a beaded infinity necklace. **You may attend one session or all three—see schedule below.** Space is limited to 10 participants. All tools and materials provided. Please register at the Welcome Desk or online.

Tuesday, November 6 – Stack Bracelets
Members \$10, Guests \$15

Tuesday, November 13 – Wire Wrap Bracelet
Members \$10, Guests \$15

Tuesday, November 27 – Infinity Necklace
Members \$10, Guests \$15

MEDICARE SPECIAL PLANS – WHAT’S RIGHT FOR YOU?

Free and open to the community

Tuesday, Nov. 13, 1:00–2:00 pm
Repeated Thursday, Dec. 6, 9:45–10:45 am

Medicare and Special Needs Plans are so confusing! If you have Medicare A & B or Full Medicaid (CCC+), then you are eligible for additional benefits. Come find out what you need to do during Medicare Open Enrollment to get them, and have some fun at the same time.

WHAT AM I TO DO? THE CAREGIVER’S CHALLENGE

Free and open to the community

Wednesday, Nov. 28, 10:00 am–12:00 pm

Donna Authers is often called upon to discuss the topics covered in her critically-acclaimed book, *A Sacred Walk: Dispelling the Fear of Death and Caring for the Dying*. One of the questions family caregivers and caring friends always ask when a loved one has been diagnosed with a life-threatening illness is, “What am I to do?” Join Donna as she explores the answer to this challenging question.

TO SALT OR NOT TO SALT: WHY ASK THE QUESTION?



Free and open to the community

Thursday, December 6, 11:00 am–12 pm

Some studies show harmful health effects at both ends of the salt concentration spectrum—so should you reduce salt in your diet or not? Dr. Robin Felder, a Director of Laboratory Medicine and a Professor of Pathology at UVA Medical Center, has been practicing laboratory medicine and doing basic biomedical human research for over 40 years. Join him as he discusses the credible scientific evidence from his research group as well as others that explains why there is conflicting scientific data regarding dietary salt. Learn how the body processes salt and why it is important to know your personal “salt index.”

NEW PROGRAMS

SILVER SWANS BALLET CLASS

Mondays, Nov. 5 & 12; Dec. 3 & 10;
11:00 am–12:00 pm

Whether you’re a seasoned professional or brand new to dance, this class is a great way to move. Silver Swans incorporates classic ballet principles and will focus on flexibility, strength, and conditioning, but mostly on fun! Join Emily Pozek from Charlottesville Ballet to see what it’s all about. A professional dancer, Emily has taught numerous classes for the senior population. Center members free; Guests \$6/class through 2018.

We are optimistically planning to
CELEBRATE OUR FOURTH ACCREDITATION ON

*Wednesday, December 5
at 2:00 pm at The Center*

FEATURED SPEAKER AYN WELLEFORD

Associate Professor and Chair, VCU Department of Gerontology

Dr. Welleford works to **#DisruptAgeism** while promoting optimal aging for individuals and communities through her teaching, scholarship, and community engagement.

KEEP YOUR FINGERS CROSSED AND SAVE THE DATE!

CREATING A BIRD-FRIENDLY ENVIRONMENT AT HOME

Free and open to the community
December 13, January 17, February 21, 10:00–11:00 am
Let Scott Karr, owner of Wild Birds Unlimited, introduce you to the entertaining world of backyard birding. Learn how to identify and attract native and migratory birds to your yard with appropriate food and shelter. Also learn tips for how to deal with bird-feeding challenges like squirrels!

LIFELONG LEARNING



CREATE YOUR PLAN FOR EXTENDED CARE (Encore of August program)
Free and open to the community
Thursday, Nov. 1, 11:00 am–12:00 pm
Tracy Meade, certified long-term care consultant, and Elizabeth Swider, owner of Care is There, will discuss what you need to put a long-term care plan in place. Learn the cost of extended care in the community, who pays for it, and what resources are available.

HONORING OUR SENIORS—STAGES OF SENIOR CARE
Free and open to the community
Monday, November 19, 1:00–3:00 pm
What options do you have when more care is needed? Experts from agencies and facilities within the Central Virginia area will be here to discuss several important topics relevant to many seniors and caregivers. Topics include: assisted living, skilled nursing facilities, acute rehabilitation, home health hospice, and advanced directives.

ALL THINGS DIGITAL
Free and open to the community
Monday, November 12, 1:00–2:30 pm
Join the Geek Squad for more info on computer system performance.
Will not meet in December.

GOOD LIFE DESIGN COLLABORATIVE
Free and open to the community
Tuesday, Nov. 13, 9:00–10:30 am
Dan Smith from Artistic Memories Video Productions will be the guest speaker. With the holidays coming, he can interview and record a video history of your loved one/ones, and can create custom video productions for important family and/or life events with professional results! He can also help you to preserve existing videos that you and your family may have.
Tuesday, December 11, 9:00–10:30 am
Peter Thompson, executive director of The Center, will give updates on the new Center at Belvedere.

MONEY AND YOU WITH JORGEN VIK
Free and open to the community
Tuesday, Nov. 13, 10:00–11:30am
How Do I Incorporate My Home In My Last Asset Allocation? - There is a lot of talk about stocks, bonds, rental properties, etc., but how do you incorporate the value of your personal residence in investment and financial plans?
Tuesday, Dec. 11, 10:00–11:30 am
Tax Efficient Giving - 'Tis the season for giving. What are the tax rules for gifting of money and other assets? Maybe a Qualified Charitable Distribution from your IRA makes sense, or gifting through a Donor Advised Fund. Discussion will cover these and other ways to give of your assets.

DORIS GELBMAN, ELDER LAW ATTORNEY
Will not meet in November or December

WRITING FOR PLEASURE COFFEE HOUSE
Free and open to the community
Friday, December 7, 12:00–2:00 pm (combined for November and December)
When Flora Wyatt, a retired education professor at the University of Kansas, couldn't find a book for her preschool-aged grandson on his favorite topic (lighthouses), she wrote one! Join Flora as she discusses *Let's Explore Lighthouses* and the other books that have followed in its path.

PHYSICAL WELLBEING



FUNCTIONAL EVALUATIONS: PREVENT PROBLEMS BEFORE THEY START
Free and open to the community
Thursday, November 15, 10:30 am–12:00 pm
Functional evaluations assess posture, flexibility, range of motion, strength, balance, cardio endurance, and gait. Join staff from Pivot Physical Therapy for a brief presentation on why these evaluations are important and can help to prevent injuries. If you would like to take a functional evaluation after the presentation, please register online or at the Welcome Desk.

CARING FOR YOUR WELL-BEING SERIES
Sponsored by Caring Transitions
Free and open to the community
Monday, November 12, 11:00 am–12:00 pm
Clean Out Your Closet and Care for the Charlottesville Community! Representatives from the Shelter for Help in Emergency and Piedmont Virginia Community College's (PVCC) Network2Work program will discuss their mission and volunteer opportunities. Come drop off items (listed below), learn more about the programs, and enjoy light refreshments!

PVCC's Network2Work program identifies people who need quality jobs using a peer network of well-connected individuals on the front lines of the neighborhoods where families struggle. The program connects job seekers to local employers. Collaborating with partner agencies, Network2Work helps people get the skills and resources they need to become valued employees. Job seekers usually have clothing needs for job interviews and on-the-job. We invite you to clean out your closet and donate any unused business clothing!
Coats will be accepted from Nov. 12–Dec. 21; BUSINESS CLOTHES ARE ONLY WELCOME ON NOV. 12.

Items needed include the following (in excellent condition, please, no rips or stains):
• Khaki pants (all colors and sizes)
• Solid-colored ties
• Men's dress coats, sizes 34 to 48
• Coats for men and women

The Shelter for Help in Emergency works to support and empower victims of domestic violence through a combination of residential, community-based and outreach services. If you have a coat in good condition that you no longer wear, we invite you to drop it off at The Center between Nov. 12 and Dec. 21.

Will not meet in December

HEARING HEALTH with Dr. Kristin Koch
Free and open to the community
Wednesday, Nov. 21, 10:00–11:00 am
Navigating the Over-the-Counter Hearing Aid Market - There are several new options for hearing better without the help of a provider. Learn the advantages and disadvantages with Dr. Kristin Koch, Owner and Audiologist at Evolution Hearing. Hint—most of these devices are not worth the money (and time) spent on them!
Wednesday, Dec. 19, 10:00–11:00 am
New Technology in Hearing Aids - The hearing aid world is a confusing and exciting one! Technology is always changing. Did you know that some hearing aids are now waterproof, can have Bluetooth and can communicate directly with your TV and/or cell phone? Come learn about game changing technology featured in today's aids! Whether you've been wearing hearing aids for years or just learning about what could work for you, please join us to learn more.

STAYING HEALTHY WITH SPECTRUM PHYSICAL THERAPY
Free and open to the community
Tuesday, Nov. 27, 10:00–11:00 am
Physical Therapist Erin Chapman discusses bladder health and continence training.
Tuesday, Dec. 18, 10:00–11:00 am
Natasha Pena, Physical Therapy Assistant, will offer a winter safety program and strategies for fall prevention.

COOKING DEMO WITH THE UVA DIETETIC INTERNS
Free to members
Wednesday, December 5, 5:00–6:00 pm
Join the UVA dietetic interns and find out how to prepare some healthy dishes. And you'll get to sample them. Space is limited; please register online or at the Welcome Desk.

TAI CHI

Open to the community
Mon., Wed. & Fri., 8:45–9:45 am

Stimulate your immune system, lower your blood pressure, decrease your stress, and improve your balance. If you can walk, you can play. Visitors are welcome to see if this class is for them. Beginners should start on a Monday. Taught by Bryan McKenzie. Members \$36/month, Guests \$49/month for up to 3 classes per week.

TAI CHI EVENING CLASS

Open to the community
Wednesdays, 7:30–8:30 pm

A great way to relax after a hard day, as Tai Chi teaches calmness in addition to balance and flexibility. Members \$25/month, Guests \$35/month

TAP DANCING

Open to the community
Wednesdays, 10:00–11:00 am, All levels

Tap dance offers a fun way to exercise. If you “used to” tap, it’s not too late to dust off your tap shoes and re-learn this skill. Taught by Diana Freeman, award-winning tapper and a Royal Academy of Dance Instructor with 40 years of experience. Sign up at the Welcome Desk or on-line. Members \$40/month; Guests \$50/month.

SEATED MASSAGE

Open to the community
Mondays 12:00–2:00 pm
Wednesdays 9:30 am–12:30 pm

Massage can help you relax, relieve stress and muscle pain, and improve flexibility and range of motion. Sit fully clothed on a specially-designed massage chair and choose which areas of muscle tightness—shoulders, neck, back, head, arms, or hands—on which you want the therapist to work. Schedule appointments at the Welcome Desk. \$15 for 15 minutes/\$30 for 30 minutes

NORTHSIDE WALKING

Free for members
Fridays, 9:45–11:00 am

A slow-paced walk of about 2.5 miles with some short hills. Meet in the lobby at The Center. For more info, call Chuck St Clair, 434.978.2057.

SOCIAL/RECREATIONAL

KINGFISHERS FISHING CLUB

Wednesday, November 7, 9:30–11:00 am
Will not meet in December

NOVEMBER LUNCHEON

Open to the community
Wednesday, November 14, 11:30 am
(2nd Wednesday!) Deadline to register is 12:00 pm on Friday, November 9
Menu is TBA. Members \$15; guests \$16. Sign up online or at the Welcome Desk.

DECEMBER LUNCHEON

Open to the community
Wednesday, December 12, 11:30 am
(2nd Wednesday!) Deadline to register is 12:00 pm on Friday, December 7
Menu is TBA. Members \$15; guests \$16. Sign up online or at the Welcome Desk.

PING PONG!

Free to members
Wednesdays, 3:00–5:00 pm

Join your fellow members for a fun game of ping pong. It doesn’t matter your skill level, just stop by anytime during the 2 hours. It’s fun exercise!

SUPPORT GROUPS

ESSENTIAL TREMOR SUPPORT GROUP (meets 2nd Thursdays)
Free and open to the community
Thursday, November 8, 4:00–5:00 pm
Karen McDowell discusses how to secure your digital device and identity.
Thursday, December 13, 4:00–5:00 pm
Discussion on how to manage your tremors during the holidays.

AA - GROWTH & RECOVERY

Free and open to the community
Thursdays, 10:00–11:00 am
Open meeting.

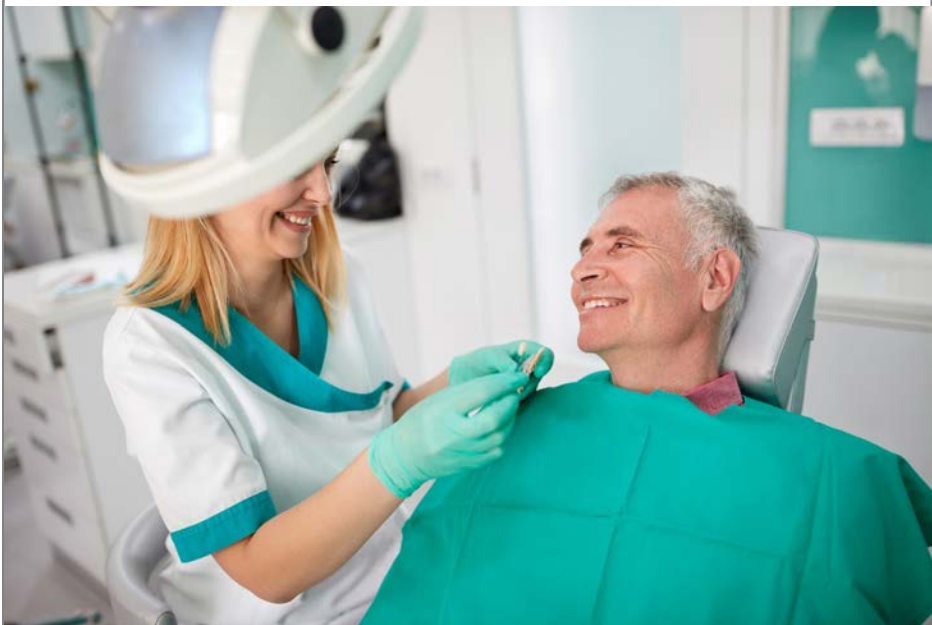
BEREAVEMENT SUPPORT GROUP

Free and open to the community
Fridays, 3:00–4:30 pm
Facilitated by Hospice of the Piedmont-trained counselors, the group offers opportunities to discuss grief topics, learn healthy ways of coping, and share support with others going through similar experiences.

SUPPORT GROUP FOR CAREGIVERS OF PARKINSON’S PATIENTS

Free and open to the community
1st Thursday of every month, 10:45–11:45 am
Open to anyone who cares for someone with Parkinson’s Disease.

CARING FAMILY DENTISTRY
IN BELVEDERE STATION



Welcome Belvedere neighbors!

Come visit our state-of-the-art office conveniently located at 914 Belvedere Way.

Family Dentistry serving the Charlottesville area since the 1950s!

Stephen Fraites, D.D.S.

Call our office for an appointment
(434) 293-4053 | www.fraitesdental.com



Currently Seeing Patients
Ages 2–101 (and Counting!)

Welcome Home

Ranked “Highest in Customer Satisfaction Among Senior Living Communities” by J.D. Power.

At The Colonnades, we believe life’s best experiences are yet to come. From art class to yoga, we provide a full schedule of activities, along with a maintenance-free lifestyle, so you can spend each day doing what you love.

Call us at 434-333-7170 or visit
ColonnadesSeniorLiving.com
to schedule a tour.



Sponsored by Foundations of the University of Virginia

© 2018 Sunrise Senior Living
Sunrise Senior Living received the highest numerical score in the J.D. Power 2018 Senior Living Satisfaction Study, based on 2,539 total responses among 7 senior living communities measuring experiences and perceptions of residents/family members/friends, surveyed October–December 2017. Your experiences may vary. Award applicable to United States only. Visit jdpower.com.



PHILANTHROPY

Kirstin Fritz, Philanthropy Director • kirstin@thecentercville.org

The Center receives no government funding for its day-to-day operations. Donations from philanthropic individuals and community partners fund more than 60% of the programs and resources The Center offers each year. Thank you for your incredible generosity. Below please find a few of the ways you can invest in healthy aging in our community.

You Bring The Center to Life

Imagine a community where people become increasingly isolated as they age. A community of loneliness, boredom, and lost potential.

Now picture The Center. Here people come together to find friends, discover new passions, give back to our community ... and find support and engagement that are truly life-sustaining.

This is the heart of what Center supporters like you make possible through philanthropic gifts. When you contribute to the 2018 Annual Giving Campaign today, you help The Center continue its life-affirming programming.

As a member of The Center, you know that aging doesn't have to mean loneliness or isolation. With over 100 programs to enjoy and explore each week, thousands of people each year discover new enthusiasm for life at your Center!

You may also know that dues and fees cover only a small part of the full cost of running The

Center—we rely on private donations to make up the difference.

Right now, even as we prepare for the future at The Center at Belvedere, we are working hard to keep your friends and neighbors thriving at The Center's current home. With limited space and growing demand, it's a challenge, but you can help make it possible.

That's why this year's Annual Giving Campaign is so crucial. Your gifts help to fund all our programs today and in the year ahead. Please return your contribution by December 31. Thank you!

You can make your gift by mail using the enclosed return envelope or online at thecentercville.org/give18. To donate over the phone, contact philanthropy coordinator Emily Evans at 434.974.7756; you can also reach her via email at emily@TheCenterCville.org.

Your Savings Can Help You Save on Taxes!

Are you 70 ½ years old? Do you have an individual retirement account (IRA)? Did you know that you can use your IRA to support the programs you love at The Center?

When you make an IRA Charitable Rollover gift to The Center, you reduce your taxable income. And, you use your retirement to enjoy your retirement!

Also called a qualified charitable distribution (QCD), an IRA Charitable Rollover gift helps you:

- Lower your taxable income, even if you don't itemize deductions.
- Fulfill your required minimum distribution (RMD) for the year.
- Give a donation, up to \$100,000, that is not subject to the 50% deduction limits on charitable gifts.

Ask your advisor if you would benefit from a qualified charitable distribution (QCD) to



support The Center. You must be 70 ½ years old and ask your IRA trustee to direct your gift to an eligible charity, like The Center.

Please let us know that your IRA Charitable Rollover gift is coming to The Center by contacting philanthropy director Kirstin Fritz at 434.974.7756 or kirstin@TheCenterCville.org. Thank you!

2018 MEMBER CHALLENGE

Last year, an incredible 43% of Center members were so committed to The Center that they contributed to the Annual Giving Campaign on top of their membership dues. Since dues cover just 17% of the costs to run The Center, gifts from supporters like you help to keep The Center's dues and fees as low as possible.

Can you get to 50% this year? Your challenge (should you choose to accept it) is to make a donation of any amount to the 2018 Annual Giving Campaign. Together we can make it happen!

DONATIONS MADE IN HONOR OF (AUGUST 1–SEPTEMBER 30)

Marylee Bullock
By: Susan Sheffield

Al Falcone
By: Jan & John Stalfort

DONATIONS MADE IN MEMORY OF (AUGUST 1–SEPTEMBER 30)

Raymond Jackson
By: Sherry Sinard

Ron Mohr
By: Betsy Bean

Debbie Naylor
By: Susan Sheffield

Glenn R. Short
By: Bruce W. Saunders

Tony Spellman
By: Diane & Charles Hughes
Mary & Richard Lane
Peggy & Edward Lay
Sandra C. Russell

Ruth Tavormina
By: Betsy Bean
Susan M. Pohedra

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (AUGUST 1–SEPTEMBER 30)

The 1180 Society recognizes The Center's philanthropic leaders. Through unrestricted gifts of \$1,180 or more each year, these generous donors provide significant support for healthy aging in our community. Contact Kirstin to learn more about The 1180 Society.

Mary Jane & Kenneth Derby
The Melville Foundation
Terry Montgomery

Why 1180? The Society was named in honor of the current Center's original address, 1180 Pepsi Place.

SAVE THE DATE!

GRAND GALA 2019: *Hometown Charlottesville*
SATURDAY, MARCH 16, 2019
at the Omni Hotel Charlottesville

All proceeds benefit healthy aging opportunities at The Center.
Many thanks to presenting sponsor Virginia National Bank.



To become a sponsor, contact Kirstin Fritz at kirstin@TheCenterCville.org or at 434.974.7756.



TRAVEL

Linda Hahn, Travel Coordinator • linda@thecentercville.org
Travel Office Direct Line: 434.974.6538 / Hours: Monday–Friday 9:30 am–2:30 pm
All trips are open to the public; guests pay an additional \$10 for day trips and an additional \$25 for getaways. For details and pricing not shown below, please call the travel office, visit the travel section of our website, or email Linda.

DAY TRIPS



2018 WHITE HOUSE HOLIDAY TOUR

December 2018
DATE TO BE ANNOUNCED

This trip to DC for a self-guided tour of the White House adorned in its holiday finest is a perennial favorite! We have requested a tour in December, but the date will be determined by the White House. Some walking is involved and there is a possibility of waiting in line at the gate. Lunch is on your own. A valid government-issued United States ID (driver's license, military ID, etc.) or a valid government-issued passport is required. If you put your name on the list to go, you will be contacted once a date is set.

WASHINGTON ON YOUR OWN

January 2019
DATE TO BE ANNOUNCED

Travel with us to Washington, DC, to spend the day. Visit the many museums, restaurants, or historic sites around the District. Lunch is on your own.

GETAWAYS & CRUISES



SOUTHERN CARIBBEAN CRUISE

December 1-13, 2018

Step aboard Royal Caribbean's Grandeur of the Seas for a 13-day Caribbean cruise. This is a sophisticated and relaxing with a modern feel. Ports include St. Croix, Antigua and Barbuda, St. Lucia, St. Kitts and St. Maarten. Trip includes roundtrip transportation to the port of Baltimore, and much more. Contact the travel office to book your cabin!

SOLD OUT!

2019 DESTINATIONS

CULTURAL CUBA - VIKING OCEAN CRUISES

January 24–January 31, 2019

A few cabins are available aboard the Viking Star! Delve into the riches of Cuba and engage with its people in a rewarding blend of history and spirited Caribbean flair. Cruise the Caribbean, then spend three days in the cultural center of Cienfuegos, Cuba's "Pearl of the South" and a UNESCO Site. Discover historic Santiago de Cuba, and learn the stories behind Cuba's most influential figures. All meals are included on board the ship. We are planning an overnight in Miami on January 23rd prior to boarding the ship on the 24th. Call the travel office today for details and pricing.

GREAT PARKS, GHOST TOWNS, AND SEDONA'S RED ROCKS

May 16–24, 2019

Travel the lonely roads of the Mojave and Sonoran deserts, from the salt pans, to the lowest place in North America, to ghost towns high atop mined-topped mesas. You'll experience stark Death Valley, quirky Sedona, and all of the enchanting places in between. Meals: 8 breakfasts, 1 lunch, and 5 dinners. Price Per Person: \$3,634 double, \$4,763 single. Deposit: \$350 per person includes Travelers Protection Plan. Please call the travel office to book this trip.

TOFTCOMBS MANSION HOUSE - SCOTLAND

August 2–9, 2019

Built in 1824, Toftcombs has welcomed many notable guests during its time as a former hotel and private residence. Nestled in 10 private acres in the stunning Scottish Borders countryside, only 30 minutes from Edinburgh, Toftcombs is beautiful and grand, yet relaxed and comfortable, providing a spacious haven to enjoy memorable times. Activities to choose from include golf, tennis, health spa, bike riding, horse riding, clay pigeon shooting, archery, and walks in the nearby hills. It's also just a short walk from the pretty village of Biggar, where you will find restaurants, shops, and pubs. Breakfast is included daily. Call the travel office to book your room! Space is limited!

PORTUGAL AND THE DOURO RIVER CRUISE

October 9–19, 2019

Spend two nights exploring Lisbon, then set sail through the Portuguese Frontier. Visit Spain's walled city of Salamanca, and the quaint and historic towns of Portugal along the Douro River. Price per person starts at \$5428 double, \$8547 single for Riviera deck. Deposit: \$829 per person includes Travelers Protection Plan. Meals: 9 breakfasts, 6 lunches and 8 dinners. Book now by contacting the travel office.

PLANNING A TRIP ON YOUR OWN? Individual travel services are available for members and guests. Email linda@thecentercville.org or call the travel office at 434.974.6538 to learn more.

Your Generosity Matters!

Did you know?

- The Center receives no operating funds from the government
- Membership dues cover just 17% of the costs to run The Center
- Donations provide over 60% of the funding needed to keep the Center thriving
- Gifts from donors like you help to keep The Center's dues and fees as low as possible

To give today (3 ways):

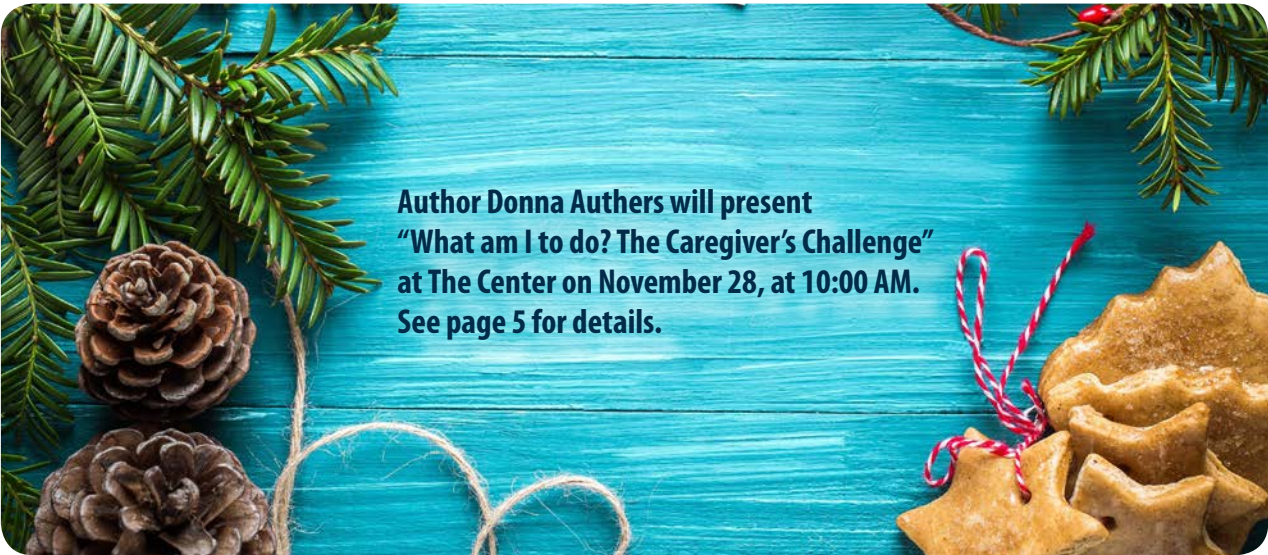
- Stop by The Center's Welcome Desk
- Mail your gift to The Center
- Go to TheCenterCville.org/Giving to make a secure online gift using your debit or credit card.

Questions?

Contact philanthropy coordinator Emily Evans at 434.974.7756 or Emily@TheCenterCville.org.

Caring for the Caregiver in a Season of Cheer: Five Suggestions to Help Those Who Are Caring for a Loved One

by Donna Authers



The holidays can be an especially trying time—both physically and emotionally—for individuals and families who are caring for a loved one coping with a life-threatening illness.

Most of us look forward to the holiday season for myriad reasons: beloved family traditions, memorable meals, gift exchanges, special services in our houses of worship, and more. But what if, for the first time, someone dear to you is ill? What if a close friend or relative finds him- or herself in a long-term caregiving role? All might not feel as merry and bright as it once did, and sadness and increased responsibility might make it difficult to want to celebrate anything.

Caregivers are the unsung heroes who perform a sacred duty day in and day out while simultaneously trying to ensure the comfort and health of a loved one; having to think about special meals to be cooked, shopping to be done, and seasonal celebrations and services to attend on top of their normal (hectic) everyday routine can be overwhelming. As you plan your own celebrations, consider how physically and emotionally trying the holidays can be for some people, and then think about how the upcoming season presents a wonderful opportunity to bring good cheer (as well as a pair of helping hands!) to a caregiver this season.

While the focus is understandably on the patient, here are a few suggestions to recognize and help the caregivers in your world.

Give a caregiver a break. Caregivers really need to take care of themselves. What better time is there to carve a few hours out of your schedule to spend visiting with a sick loved one so the caregiver can experience some much-needed free time? Whether she goes to a holiday party, shops for gifts, visits friends, or just relaxes, she will be able to recharge her batteries and recapture a feeling of normalcy before returning to her caregiving duties with a refreshed spirit. Consider trimming the caregiver’s tree while she tends to the needs of her loved one, or help bake traditional cookies or a meal, run errands, or perform other household chores. And here’s a tip: When you think of something practical to do, just do it. If you first ask what you can do to help, chances are the caregiver will say, “Nothing—we’re fine.”

Be sensitive. If you’ve ever lost a loved one, you know that others’ good cheer can make you feel even worse by comparison. This holiday season, it’s likely that many caregivers may be uninterested in or even saddened by trees, tinsel, and carols. They might not have time to indulge in holiday trappings or traditions, or they might be reminded of happier times that are no more. Be sensitive to caregiver’s moods and wishes. Will focusing on the more lighthearted aspects of Christmas or Chanukah be a source of comfort or distress? Remember that if a caregiver would rather do without social chit-chat, holiday movies, or lights in the windows this year, that’s okay. Do what you can to help her enjoy a quiet holiday and encourage her to seek some joy by focusing on the reason for the season.

Be a good listening friend. Sometimes caregivers are reluctant to relinquish even the smallest of their duties because they’re convinced that the patient’s wellbeing depends entirely upon them. However, caregivers place great value on having a compassionate, nonjudgmental friend—one who is a good listener and can help them process their feelings. On a regular basis, focus your attention solely on the caregiver and not the patient. Ask how he is doing. Caregivers are often forgotten even though they have the toughest job of all and are on duty 24/7. Be attentive to his moods and emotional wellbeing and let him know you’re thinking about him. Bring the caregiver a card or a gift. Make the holidays special for him in some way, and acknowledge the love and loyalty he is showing his loved one.

Suggest a spiritual boost. From time to time, we all wonder why “bad things happen to good people,” and doubts of this sort can heavily impact a caregiver’s morale and spiritual health, especially during the holidays—a stressful time under the best of circumstances. Encourage the caregivers in your life to attend a special service offered by many houses of worship. Since music lifts the spirit, invite them to a concert or take over their caregiving duties for an evening so they can go with another friend or family member.

If necessary, help to adapt traditions. Temper holiday celebrations by keeping in mind their effect on caregivers and their loved ones who are sick. They might be opposed to long-established family rituals if circumstances have changed. Seasonal merriment imposed on a household burdened with sickness and sadness can make a bad situation worse. However, there is no need to “cancel” Christmas or Chanukah altogether. Put some thought into what might be most appropriate. For example, instead of inviting many neighbors and friends to a traditional cocktail party, it might be more helpful to organize a small gathering of family and close friends over a holiday meal or coffee and cookies.

While the “season to be jolly” will offer extra challenges to caregivers, you will have the satisfaction of knowing your show of love and support is one of the greatest gifts you can give this year. And isn’t it love that we are celebrating, after all? ■

2018 ACCREDITATION TASK FORCE AND WORK GROUP VOLUNTEERS

Enid Krieger and Paul Jacob, Co-Chairs

Elizabeth Allan	Robert Gest	Barbara Millar
Ward Anderson	Mary Gilliland	Toan Nguyen
Marie Baker	Jane Goodman	Alexa Osborne
Betsy Bean	Sean Greer	Ruth Parsons
Spencer Birdsong	Jean Hart	Ellen Phipps
Abbie Bishop	Cole Hendrix	Meredith Richards
Betty Bollendorf	Sonya Chung-Hirano	Kate Rosenfield
Larry Brown	Marta Keane	Bruce Saunders
Ron Cottrell	Barbara Kessler	Tricia Suszynski
Kaki Dimock	Jennifer King	Juandiego Wade
Margaret Dryer	L. David Lea	Joseph Warden
Hi Ewald	Joyce Lewis	David Whitcomb
Jay Gammon	Russ Linden	Jane Whitworth
Ed Gatewood	Robert Lorish	Mary Wilson

BOARD OF DIRECTORS NOMINATIONS SOUGHT

The Board of Directors seeks nominations for a three-year term beginning April 1, 2019. The Board is the governing body that provides the fiduciary oversight of The Center. As a 501(c)(3) nonprofit organization, The Center is owned by the community to serve the community. The Board represents the community ownership in setting strategy; ensuring there are adequate assets to achieve the mission and vision; ensuring effectiveness and efficiency; and providing oversight of the executive director who then manages staff, operations, finances, philanthropy, and programs.

The Board meets the fourth Monday of the month from 4:00–6:00 p.m. at The Center. If you are interested in nominating someone (self-nominations welcome!) please contact either Board Development Committee member Jean Foss at mjfoss1@mac.com or Executive Director Peter Thompson at peter@thecentercville.org.



THE CENTER AT BELVEDERE

Kittie Abell, *Campaign Director* • kittie@thecentercville.org

The Center at Belvedere will be a modern, vibrant community hub with the necessary capacity to meet our burgeoning population and the functional space appropriate to the multidimensional activities we all need to stay healthy. Expanded programs and onsite amenities both inside and out will offer convenience and fun in a beautiful setting.

Your Hard Work is Paying Off!

Updates for the Campaign for The Center at Belvedere continue apace! The news is all good as of this writing in early October; it may be even more exciting by the time this reaches your mailbox!



First, we are so grateful to everyone who has supported this vision through donations, advice, and community backing. Thank you for your continued encouragement and interest.

Second, in late August an anonymous philanthropist pledged to match the next \$500,000 we raise for the campaign. Thanks to donors small and large, as of September 30 we needed less than \$350,000 to reach that goal. These gifts will bring us to an important benchmark of \$14.5 million.

This is important because, *third*, we signed a

loan commitment letter in late September and once we reach the \$14.5 million mark in gifts and pledges, the bank will release funds for construction and long-term loans.

Fourth, our civil engineer, Timmons Group, reported that, based on recent discussions with Albemarle County staff, we are on track to receive site plan approval by early- to mid-November. This is very heartening news as we have been in conversations with the County since we submitted the plan in April.

Fifth, Barton Malow, our general contractor, has released the Construction Documents to bid. In October (about the time this newsletter goes to press), we will learn if the Guaranteed Maximum Price is within our budget and contingencies. The big unknown is volatility in the booming local construction market.

If all these critical paths come together, we could be breaking ground by year-end.

Check the weekly e-newsletters and website updates for more timely news. ■



If you have considered donating or making a pledge, now is the time to do it. Contact Kittie Abell (434.974.7756 or kittie@thecentercville.org) if you have any questions or would like to make a gift or pledge. Thank you!



TIMMONS GROUP

MICHAEL SLON, MUSIC DIRECTOR

Christmas at the Paramount

Saturday, Dec. 15, 2018
at 2:30 pm & 7:30 pm

J.S. Bach's *Magnificat* and seasonal selections with full orchestra, special guest soloists, and appearances by the Children's Choir of Central Virginia and the First Presbyterian Church Handbell Ensemble

The Paramount Theater • Charlottesville

TICKETS:
\$10 Children & Students
\$27 Regular Admission • \$49 Gold Circle

For groups of 20 or more, contact the Paramount box office (434.979.1333) for special group rate.

WWW.ORATORIOSOCIETY.ORG

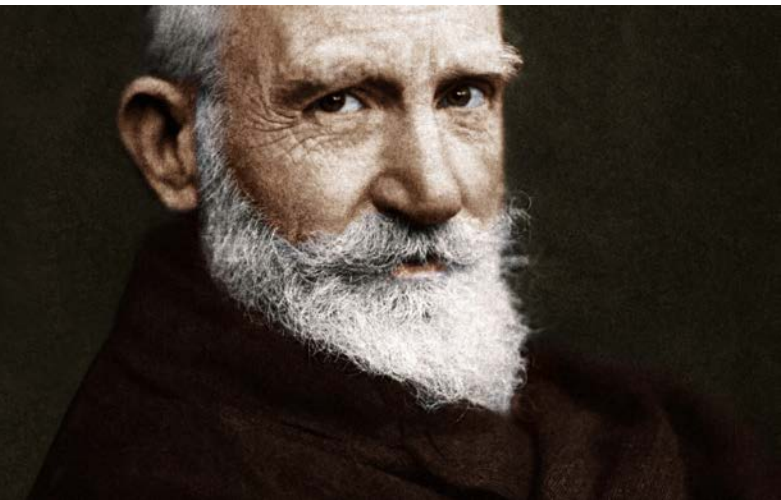
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Senior Relocation • Downsizing • Estate Sales

434-234-9799

www.CaringTransitionsofCharlottesville.com



**WE DON'T STOP
PLAYING BECAUSE
WE GROW OLD; WE
GROW OLD BECAUSE
WE STOP PLAYING.**

—George Bernard Shaw (a very fun guy)

If you're a fan of TED Talks, check out one by Dr. Stuart Brown entitled "Play is more than just fun." A psychiatrist and pioneer in research on play, Brown touts the neurological, physiological, and psychological benefits of play. "Plenty of play in childhood makes for happy, smart adults—and keeping it up can make us smarter at any age," he says.

Brown is such a believer that he founded the National Institute for Play to promote research on the topic. On its website, the nonprofit organization highlights the transformative opportunities of play, calling it the gateway to vitality. "By its nature it is uniquely and intrinsically rewarding. It generates optimism, seeks out novelty, makes perseverance fun, leads to mastery, gives the immune system a bounce, fosters empathy and promotes a sense of belonging and community."

You need more fun in your life. Science says so. So go find things that are entertaining and enjoyable—at The Center or elsewhere. Because fun often involves being with others, it's a terrific way to maintain vital social connections. You'll likely find that having more fun improves your relationships, makes you smarter, and reduces stress. And when you find more fun in physical activity—like recreational exercise—it can balance your hormone levels and make you more energetic, according to Michael Rucker. (See his PLAY model at michealrucker.com.)



**FORTUNATELY, SOME
THINGS NEVER CHANGE**

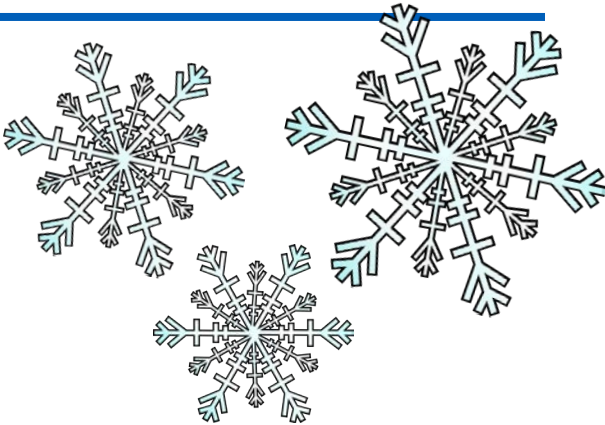
*Like dedicated volunteers
and committed staff*

"I was amazed at the amount of work that is put in by the staff and volunteers to make the Center a reality. I had never thought about what it takes to create and manage the huge variety of programs and events."

—Marilyn Philippi, 2007 Accreditation Task Force Member

INCLEMENT WEATHER POLICY

To find out if we are closed or have delayed opening due to inclement weather, listen specifically for The Center announcement on local media outlets. The information will be available on NBC29, CBS19News, WINA, and WCHV. We will also post information as quickly as possible on The Center's website and Facebook page. If none of those options work for you, simply call The Center at 434.974.7754 and listen to the message.



FIND YOUR CENTER
civic | community | cultural | fitness | social

**November Holiday
Yard Sale at The Center**

Friday, November 9

Early bird Sale 4:30–6:30 pm (\$5 entrance fee)

Saturday, November 10

8:00 am–1:00 pm

Along with everyday items, you'll find an array of holiday décor and stocking stuffers!

Christmas village buildings & figurines • Wreaths
Ornaments • Garlands • Crystal wine glasses • Rare books
China (100+ pieces from the 1930s) • Silver • Paperweights
Glassware • Toys, Games & Puzzles • More!

Proceeds benefit The Center.

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Charlottesville, VA 22901-5732