

April 2023

# Hayden Newsletter

Hayden Village Center | 680 Oak Street, Franklin, VA | 757-517-2904



## What's Happening

**Western Tidewater Free  
Clinic**  
1<sup>st</sup> and 3<sup>rd</sup> Wednesdays

**Caregiver Appreciate Day**  
**Norfolk Botanical Garden**  
May 17<sup>th</sup>, 2023  
RSVP by April 15<sup>th</sup>  
(757)-264-2991

**Blackwater Regional  
Bookmobile**  
2<sup>nd</sup> and 4<sup>th</sup> Thursdays

**Bon Secour Care-A-Van**  
4<sup>th</sup> Wednesday  
To schedule appointment  
Call (757)889-5121

**"Out and About"**  
2<sup>nd</sup> Friday of the month  
Spaces are limited.  
Call Kenya to reserve a spot.  
757-222-4527

**Medicare Benefit Counseling**  
for appointment call:  
Sam Mizell 757-925-4255

## Our Mission

To provide seniors and their caregivers with access to programs and services so they may live their lives with choice and dignity in their communities.

## Our Services

- **TRANSPORTATION**
- **WELLNESS**
- **MEAL OPTIONS**
- **MEDICARE BENEFITS  
COUNSELING**
- **IN HOME SERVICES**
- **LONG TERMS CARE**

**Please call our Resource Specialists to  
learn more about these services.**

**757-461-9481**

 **Senior Services**  
of Southeastern Virginia



**HAYDEN VILLAGE  
CENTER**



## **FIVE SIMPLE SPRING-CLEANING TIPS**

**1. Declutter First, Then Clean.** Consider taping your rugs and carpet edges to the floor to eliminate a tripping hazard. Once the clutter is gone, it will be much easier to clean and get organized.

**2. Get Help from Your Family and Friends.** Cleaning is always much more efficient (and fun!) to do with others such as moving heavy furniture or dusting in hard-to-reach places.

**3. Use the Right Cleaning Tools and Product** Try using dusters and brooms with long, extendable handles to safely reach high places. "Set it and forget it" cleaning products can be sprayed on and then wiped dry after a few minutes.

**4. Toss Expired Medications and Food.** Take some time to go through your medications and properly dispose of any unused or expired ones.

**5. Check Your Smoke Alarms, Carbon Dioxide Detectors and Fire Extinguishers.** Put fresh batteries in your detectors, and double check that your medical devices batteries.



## 5 Benefits of Exercise for Seniors and Aging Adults

### 1. Prevent Disease

Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as [heart disease](#) and [diabetes](#).

### 2. Improved Mental Health

The mental health benefits of exercise are nearly endless. [Exercise produces endorphins](#) (the “feel good” hormone), which act as a stress reliever and leaves you feeling happy and satisfied.

### 3. Decreased Risks of Falls

Older adults are at a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also helps improve balance and coordination, reducing the risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is critical.

### 4. Social Engagement

Whether you join a walking group, go to group fitness classes, or visit a gardening club, exercise can be made into a fun social event

### 5. Improved Cognitive Function

Regular physical activity and fine-tuned motor skills benefit cognitive function. Countless studies suggest a lower risk of dementia for physically active individuals, regardless of when you begin a routine.

## TAYLORMADE FITNESS

Ready to Move and Groove to the beat?

Join LaKenneth Kindred as he teaches a low impact class with weights, stretching, and walking.

Every Tuesday and Thursday from 2:30-3:30pm in the gym at Hayden Village.



## VOLUNTEER OPPORTUNITIES

### Become a Senior Companion

Our Senior Companion Program pairs homebound older adults in need of friendly support with active seniors who live right in their own communities. We're looking for Senior Companion volunteers to join our program to help make a difference.

#### How you can help:

- By being a friend
- Providing respite to caregivers
- Help with grocery shopping.
- Assist with everyday tasks.

#### Benefits in volunteering:

- Be part of a team
- Regular socialization
- Tax-free stipend

#### Who can volunteer?

- Anyone aged 55+ and retired.
- Anyone who can meet SCP guidelines.
- Anyone willing to serve older adults in their homes on a regular basis.

If you are interested in or have questions about becoming a Senior Companion Volunteer, contact:

**Robin Barton, Senior Companion**

**Coordinator: [757-222-](tel:757-222-4519)**

**[4519](tel:757-222-4519) | [rbarton@ssseva.org](mailto:rbarton@ssseva.org)**

### Della Hayden Community Garden



**We are now recruiting new members for our Garden Club.**

**Please join us Friday, April 20<sup>th</sup> at 11:00am for our first harvest.**

**Just show up and we will have the tools, seeds, etc.**

**Light refreshments will be provided.**

### Facility Usage at Hayden Center

We have rental spaces available for any your event needs. Call 757-517-2904 for more details.

### Socialization & Recreation

Check out the Center's April Activity Calendar that is open to all adults 60+.

Our Program Coordinator Kenya can be reached at **(757) 222-4527** for any questions and/or to register for the activities.