

June 2023

# Hayden Newsletter

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



## WHAT HAPPENING

- **Western Tidewater Free Clinic**  
1<sup>st</sup> and 3<sup>rd</sup> Wednesdays
- **Blackwater Regional Bookmobile**  
2<sup>nd</sup> and 4<sup>th</sup> Thursdays
- **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
- **\*NEW SERVICES\***
- **STOP INC. MOBILE Telehealth Clinic**  
Thursday, June 01, 2023
- **Farmer Market Coupon Distribution**  
Wednesday, June 7, 2023, 10am-1pm



Summer is approaching and Senior Services has a Senior Cooling Program going on with eligibility required. This program can help eligible older adults obtain access to fans and/or AC units. If interested, please call Senior Services directly (757) 461-4981.

We have several new activities in-store this month. Garden Club and Musical Monday with Kenya are new to the lineup. Bingo, Krafting, Teatime, Open Computer & Gym are still going on as well. Not only are some of our activities provided in-person, but some are being provided virtually as well for everyone 60+.

You can view our activity calendar on the Senior Services website where Hayden Village Center has its own page. If not already registered for our activities, feel free to call in to register. Kenya can be reached at (757) 222-4527 or [kmorton@ssseva.org](mailto:kmorton@ssseva.org) to register for all programs and activities.

 **Senior Services**  
of Southeastern Virginia



HAYDEN VILLAGE  
CENTER

## JUNE is MEN'S HEALTH MONTH



Here are some important guidelines for a healthy lifestyle after age 55 are the same for men at any age:

- Eat a healthy diet.
- Stay at a healthy weight.
- Get 7 to 8 hours of sleep.
- Be physically active.
- Don't smoke.
- If you drink alcohol, have no more than two drinks a day (standard drink is: 12 ounces of beer/wine cooler, 5 ounces of wine, 1.5 ounces of distilled spirits).
- Get routine exams and screenings.
- Receive and stay current with vaccinations, including yearly flu shot and shingles vaccination (Shingrix).

*Urology Care*  
FOUNDATION™  
The Official Foundation of the  
American Urological Association

*June is  
Men's  
Health  
Month*

#MensHealth



## Father's Day is Sunday, June 18th

### Origins of Father's Day

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, “fathers haven't the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday. The next year, a Spokane, [Washington](#), woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in [Washington, D.C.](#) In 1924, President [Calvin Coolidge](#) urged state governments to observe Father's Day. Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2021 occurs on June 20. In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

Happy  
Father's  
Day



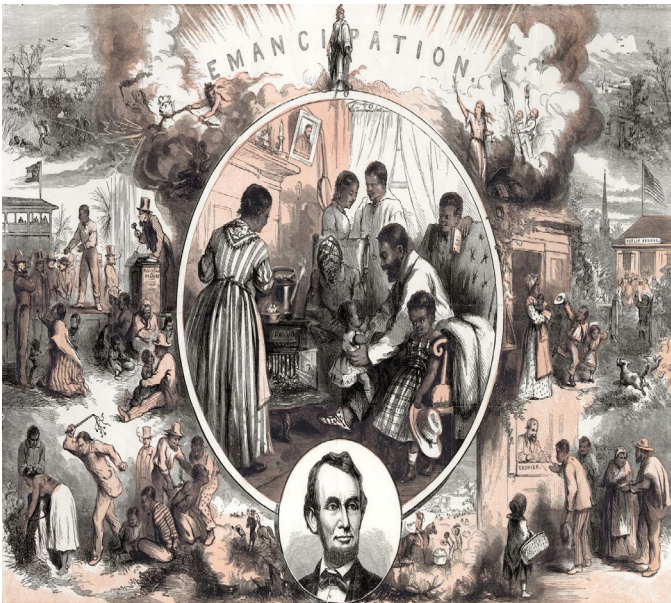
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# What Is Juneteenth?

Juneteenth (short for “June Nineteenth”) marks the day when federal troops arrived in [Galveston, Texas](#) in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after [the signing](#) of the [Emancipation Proclamation](#). Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it [officially became a federal holiday](#).

Confederate General [Robert E. Lee](#) had surrendered at [Appomattox Court House](#) two months earlier in Virginia, but slavery had remained relatively unaffected in Texas—until U.S. General Gordon Granger stood on Texas soil and read General Orders No. 3: “The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free.”



ILLUSTRATED PRINT BY THOMAS NAST DEPICTING LIFE BEFORE AND AFTER EMANCIPATION.

## JUNETEENTH CELEBRATION

Coming Soon



### THE SPECTACULAR JUNETEENTH CULTURAL CELEBRATION

**FREE TO THE PUBLIC**

**June 17th, 18th, & 19th**  
 Four Locations: Barretts Landing  
 Armory Drive Park  
 College Drive Park  
 Hayden Village

**TRIBUTE TO & IN THE BIRTHPLACE OF:  
 NAT TURNER, DREDD SCOTT, AND  
 ANTHONY GARDENIER**

Nat Turner Story Tour, Designer Fashion Show,  
 Black History Program, Local Live Bands, Luther  
 Vandross Tribute, Michael Jackson Tribute, African  
 Dancers And Drummers, Corn Hole Tournament,  
 Remote Control Cars, Red Toast, Family Sack  
 Races, Food Trucks, Vendors, and More...





For More Information Call:  
**757-777-1935**

**Hayden Village Center (Gym)**  
**Saturday, June 17, 2023**  
**12pm-5pm**

**Designer Fashion Show  
 &  
 Black History Program**

## 2023 Senior Farmers' Market Nutrition Program

**Receive \$50 worth of FREE.**  
**checks to buy fresh, nutritious,**  
**locally grown produce.**

### **You may be eligible if you:**

Are aged 60+ and can present a  
photo ID (to verify birth date &  
residence)

Are a resident of Norfolk,  
Portsmouth, Chesapeake, Virginia  
Beach, Suffolk, Franklin, Isle of  
Wight County, or Southampton  
County

Meet income requirements by  
certifying a monthly income of no  
more than \$2,248 (one-person  
household) or \$3,040 (two-person  
household)

Do not live in the same household  
and are not an immediate family  
member of the farmer who grows  
the produce.

### **Hayden Village Senior Center**

683 Oak Street  
Franklin, VA 23851

**June 7, 2023, | 10 am-1 pm**

## **Facility Usage at Hayden**

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

## **Socialization & Recreation**

**Check out the Center June's  
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.**

### **\*NEW SERVICE\***

The Mobile Telehealth Clinic (MTC) a health  
care initiative by STOP INC. in partnership  
with Senior Services of Southeastern Virginia  
is pleased to provide access to resources for  
you or your family at Hayden Village Center:

- Acute and Chronic Care
- Physical Assessments
- Dental (coming soon)
- Behavioral Health
- Substance Abuse
- Telemedicine

### **ELIGIBILITY**

Proof of Residence  
Proof of Income  
Social Security Card  
Driver's License or DMV Card  
Number and Proof of Dependents

MTC@stopinc.org  
Tel: 757-617-1259

