



From the Association President



Hello Neighbors:

I would like to take this opportunity to share my thoughts on a couple of items that affect our community.

**Item 1. Covenants Concerns:**

In accordance with the **DCCR Section V, Article 5.2**, owners are required to maintain their dwelling unit and all improvements consistent with Community wide standards and all applicable covenants; therefore, we all need to spend some time reviewing our homes, lots, landscaping, and driveways.

As our community moves into its twelfth year, each of us needs to take a look at our homes with respect to mold, and your lots with respect to the sizes of the trees and bushes in your yards. That is, the arborvitaes planted by Khov that are now trying to eat your house; the Leland Cypresses planted by Khov that are now towering over your house; and the bushes you planted some years ago that are now too big to see around or are hiding your front steps. And you need to take notice of any mold growing on your driveway and/or your house.

The point of this note is to encourage each home owner to review your home and your lot and to act accordingly with respect to **DCCR Section V, Article 5.2**. If you have any questions and/or concerns regarding DCCR Article 5.2, Owner's Responsibility, please give a call to the Covenants Committee or the Modifications Committee.

**Item 2. HOA Budget and Fees:**

At the last HOA Board meeting held 26 Oct 17, as part of the budget process, I discussed our current HOA Fees and how they might be impacted in the future. As there were

only 35 or so attendees at the meeting, I thought I would take this opportunity to share my thoughts again.

When Khov exited our community and the Residents took over control of the HOA Board in September 2011, Khov gave the Association \$140,000 to help offset the Association's budget over-runs; Khov was spending approximately \$30,000 to \$40,000 per month over the dollars being provided through the collection of HOA Fees. Through the excellent efforts of the Residents, the Committees, MSC and the Board, the Association, as of Oct 2017, still has around \$97,000 of the \$140,000, in the bank.

In Oct 2011, the Board approved a motion to not allow our "cash on hand" to go below \$50,000; that is, when our "cash on hand" drops to \$50,000, the HOA Fees will need to be raised to offset our budget deficit.

As a point of information, for every increase of \$5 per month, the HOA will receive an additional \$7,200 per year in fees, or a fee increase of \$15 per month would generate an additional yearly of income of \$21,600. For the year 2018, the budget shortfall is forecasted to be around \$20,000. But remember, before we raise the fees. we have approximately \$47,000 in the bank to fund our shortfalls.

I hope all of you have a safe and prosperous 2018.



John Normand

*Your Association at work!*

## 2018-2019 Association Board of Directors

President - John Normand ☆ Vice President - Larry Miller ☆ Treasurer- Bill Campbell  
Secretary - Jim Ellwanger ☆ Director - Dianne Wilson



*First snow - December, 2017*

## COMMITTEE REPORTS

It takes planning and work to maintain our community. This is accomplished both by Management Services Corporation and eight chartered governing committees made up of you and your neighbors.

As you read these reports from committee chairs, consider how you might contribute. Committee charters may be seen on our website at <http://our4seasons.org/DataVault/CommitteeCharters.html>.

### Budget and Finance Committee

Chair: Vince Donnelly

Committee Meets: Every Fourth Wednesday

The Committee meets monthly to discuss the management report and financial statements issued by MSC for the previous month .

During October , Diane Caton of MSC presented the proposed 2018 HOA Budget to the Committee. The Committee suggested adjustments , based on our estimates of income and expenses, and then forwarded the draft Budget to the Board for its review and approval. On October 26 the Board accepted several important additional financial changes and then voted

its approval. That Budget has now been shared with all residents.

The Committee has also added two new members ...David Welch and John Stover. One of our members, Sue Miller, has resigned so that she can devote more attention to the Covenants Committee. We sincerely thank Sue for her time serving our Committee.

Going forward, our Committee will be focusing on a revised Replacement Reserve Study. When approved by the Board this new Study will be reflected in the 2019 Budget.

## Buildings and Streets Committee

Chair: Tim Meyer

Next Meeting: January 24

At the October meeting, Joe Reece retired from this committee. Joe has been deeply involved in overseeing the maintenance of the clubhouse environmental systems for nearly a decade, and he joined this committee (formally) in August of 2012. He has served as the co-Chairman with Tim Meyer since July of 2016. It is hard to adequately thank Joe for his considerable contribution not only to this committee, but to the well-being of the clubhouse and its various and complex systems. Without his service we would surely have had higher expenses and less time to enjoy everything that this centerpiece of our community offers. Thank you, Joe.



Jerry Besanson re-joined this committee in October. Jerry served ably as both a member and the Chair in earlier years, when it was known as the Building and Facilities Committee. Welcome back, Jerry.

### *For your leisure hours*

You may not know that the clubhouse has equipment for exterior games as well as the widely used interior facilities like pool and cards. We can offer a horseshoe pitch constructed to the specifications of the NHPA (National Horseshoe Pitchers Association). [Didn't know that, did you?] Recent repairs by the B & S Committee have upgraded the condition of our pitch, and further work will be completed in the spring. Black tie horseshoes tournament, anyone?



We can also offer ladderball and corn hole games, and there is a *bocci* ball set in the clubhouse just begging for a game. See Jeanne for the particulars.

And if you have a croquet set or lawn darts or other yard games gathering dust in your garage, let this committee know and we'll see that it gets put to good use.

### *Work completed in the last quarter of 2017*

- A new and more up-to-date camera security system for the gatehouse has been purchased and is in testing, installation to be after the first of the year.
- New covers for the recently-refurbished billiard tables have been received and fitted. Office equipment has been repaired.
- The auxiliary system for the pool area's Dectron environmental control has been installed and integrated.

• Various clubhouse exterior repairs have been completed, from power washing the underside of the portico (Jerry, left) to repairing drainpipes and caulking windows.



• Problems with the irrigation system around the exterior of the clubhouse have been addressed and components replaced. That system has now been winterized and is ready for spring.

• MSC installed the last 3 of the new STOP signs.



• Replacement signs for the **FDC** (*Fire Department Connection*) at the clubhouse and the **No Trespassing** sign on the lake path have been installed, completing the work on the signs around the neighborhood.

• A photographic survey of the condition of the 16 pedestrian crossing ramps was completed.

Much of this work was done by the volunteers on the committee, without charge to the Association.

**Your committee:** *Tim Meyer, Chair. Jerry Besanson, Spencer Crute, Bill Groening, Lenny Lattiak, Tim Meyer, Chuck Probst, John Widomski, members. Larry Miller, Board Liaison.*

## Communications Committee

Chair: Arnold Silverman

Committee Meets: Second Monday at 10:00

The Communications Committee has had a busy quarter despite being short-handed. We did gain a couple of new members, but are still one short of our desired seven members. We published what I believe was one of our best newsletters ever and have received great comments from some of our residents.

Behind the scenes we have done a lot of work to assure that the things we do are documented for future committee members. Jill Probst, our computer/website guru, has simplified many of our website processes and generally made it easier for us to add to and maintain the site. She has also done a magnificent job publishing the newsletter. Our newsletter coordinator, Sandy Finley, has done a great job in getting articles and is working with the whole team to establish a publication timeline of activities and decisions. Our previous Chair, Don Brady, is now serving as Vice Chair and manages our newer email system, as well as the TV in the foyer of the clubhouse among other activities. Newest members Jerry Weber and Pat Heath have jumped right in and have helped pick up the slack with great articles for the newsletter among other activities.

We owe thanks to several of our residents who have worked with the committee. Chuck Probst has provided numerous photos and articles; he revived the [Home Maintenance section of the website](#). Vera and Joe Reece have greatly helped the committee. Vera is part of the New Resident Welcome team and writes the bios for the Welcome Posters and Welcome Videos we produce. Joe has been the photographer for new residents and has provided the pictures we use for our [Photo Directory](#). Larry Miller, the original creator of our website, continues to contribute to the maintenance of the site and often attends our meetings. I have probably missed someone, but we welcome and appreciate any and all help.

The tasks this committee does are extensive and in some cases, complex, but we believe what we do helps make this community a great place to live. If you have any talent (photography, web site talent, writing talent, proofreading talent, newsletter construction talent, experience with Microsoft Access which we use to create our directories, etc.) we can always use your help. [Contact me](#) or any member of the committee if you are interested.



## Covenants Committee

Chair: Sue Miller

Committee Meets: Third Tuesday at 10:00

The goal of the Covenants Committee is to help residents understand the guidelines for approval that the community association requires prior to making changes to the exterior of our homes. It is important to understand these guidelines because a home with a covenants violation cannot convey. This will delay a sale.

To this end, committee members made an annual walk through of the community. We found Modifications for which there is no record of approval or request for approval as well as repairs that need to be made. In the next month or so we will contact residents with information related to our observations.

Finally, residents are reminded that changes to landscapes or decks constitute changes to the exterior of the home, and prior approval is required.

## ❖ Landscaping and Grounds Committee

Chair: Diane Bradshaw

Committee Meets: As needed

The Grounds Committee is responsible for all common areas, to include the Clubhouse and pocket parks. This includes new plantings and maintenance of existing plantings.

In the last quarter, the Grounds Committee installed a new flower bed at the entrance to the community. We also planted a donated Japanese Maple tree on the Clubhouse grounds. Next quarter, we will put up and take down Holiday decorations at the Guard House and outside the Clubhouse.



## ❖ Modifications Committee

Chair: Rauzelle Smith

Committee Meets: Second Monday of each month at 10:00

During the last quarter, the Modifications Committee processed thirty-six modification applications. Nineteen applications were to bring houses into compliance with Community Association regulations. We will continue to assist all residents to submit applications to document any changes made without securing prior approval. We provide a monthly project status report of approvals and project completion data to the Covenants Committee.

Working cooperatively with the Covenants Committee over several months, we completed a Plat Audit. We now have electronic files of all the plats except for one; we will continue to search to secure the missing plat. All other home owners currently have a copy of their plat in their

folder at the Four Seasons Clubhouse. If you have any questions or need assistance with your plat, you may contact the Modifications Committee or request a copy at the Clubhouse. .

Our goals for the next quarter are to continue to respond and process modification applications within five business days, continue to assist home owners who may not be in compliance, to submit the necessary modification applications.

The Modifications Committee tracks all projects from beginning to completion. We encourage you to contact us during the planning stage prior to submitting your application; this will help to ensure a smoother experience. When your project is completed, please inform us, and we will make a final review and close out the project. We look forward to serving you in the future.

## ❖ Nominating and Elections Committee

Chair: Nancy Preston

Committee Meets: As Needed; next meeting is April 20

The Nominating and Election Committee congratulates Dianne Wilson and Larry Miller as the newest members of our Board of Directors.

The Board is preparing a list of responsibilities for Board

members so it can be sent out before the next election.

The *Meet the Candidates* meeting, which is held one week before the election, will move to a week day in hopes of achieving a higher attendance. The next meeting for the committee will be April 10, 2018 at 11:00. All interested residents are welcome to attend.

## ❖ Social Committee

Social Committee Co-Chairs: Lucille Smith and Kim Pasini  
 Committee Meets: Second Thursday of each month 10:00

The responsibility of the Four Seasons Social Committee, along with its sub-committee, the **Special Advisory Group (SAG)** will arrange and conduct parties and social events reflecting the interests of the residents. These events are planned with themes based on seasons and holidays, many in response to requests by some of the residents.

During the last quarter SAG sponsored **Oktoberfest** on October 19th, which received rave reviews from the residents. The delectable meal was catered by the Bavarian Chef with 83 residents in attendance.

The **Halloween Costume Party** was held on October 31st. This event was a BYOB and BYOS, with 37 residents in

attendance. It was a small crowd, but the atmosphere was warm and intimate, great for socializing, and laughing with neighbors and friends. The evening ended with a 'Parade of Costumes'.

There was no event scheduled for the month of November.

The last event of the quarter was the holiday party on December 14. The Clubhouse was beautifully decorated by volunteers, contributing to the festive atmosphere. Party goers enjoyed food catered by Blue Ridge Cafe, followed by music from DJ Derek Tobler.

We welcome any residents who wish to join our committee. All residents are encouraged to attend our meetings.

➡ *See the Activities section below for reports on past events and activities of various groups and residents*

### UPCOMING EVENTS

January 18, 2018 -- Soup and Chili  
 February 15, 2018 -- Mardi Gras Night  
 March 15, 2018 -- St. Patrick's Day

A flyer will be forwarded to the Communications Committee prior to each event.



## Activities of your fellow residents ....

*In addition to Committee work, Four Seasons residents have a wide range of interests and participate in dozens of activities throughout the year. The website's [Activities Guide](#) provides an introduction to our many special interest groups. Here are some highlights of recent notable events.*

### Country Chuck Wagon

*Hazel L. Sykes, SAG Member*

Howdy Partners! If you did not attend the **Country Chuck Wagon sponsored by SAG**, you missed a treat. The event was catered by Hank's Smokehouse Southern Grill. All the vittles were finger-licking good! Pork BBQ and marinated chicken were the stars of the spread accompanied by several sides.

Speaking of stars, we have some star dancers in this community. Ed and Hope Meehan so graciously consented to teach us SAG members two Western line dances to perform that evening. They were assisted by Ronda Meyer and Cory Ryan. These expert dancers practiced with us so we would be ready to kick up our boots in unison. Well, some of us didn't quite get there in *unison*, but we still had a great time trying---what fun!

Thanks to all attendees for helping to make another SAG event successful. A special thanks goes out to the cowboys and cowgirls who came togged down in Western attire and those who dared to join us on the dance floor.



### Four Seasons Crafters Add to our Holiday Spirit

*by Cory Ryan*

The craft group has been very busy! At its December meeting, a group of enthusiastic neighbors made their own ornaments for their homes and Christmas trees. On December 2, the group sponsored the annual **Holiday Craft Open House** held at our clubhouse. Vendors included Cory Ryan, Ann Brady and Nancy Clark, as well as other skilled crafters from beyond our gates, featuring Stan Schaper, the Carousel Horse carver with several of his smaller wood-carved pieces.



Unless otherwise indicated, the crafts group meets on the first Monday of the month. There is no meeting in January but in February John Widomski will teach us how to make homemade mozzarella cheese!

## Nate Kibler Speaks to Four Seasons Writers Group

by Lucille Smith

On November 6, 2017, the Four Seasons Writers' Group hosted special guest Nate Kibler, author, entrepreneur and philanthropist. Nate is the author of the book, *A Quest for Kairos, An Infertility Journey on God's Time*, released by Christian Faith Publishing. Nate provided the group a soul-searching, inspirational step by step walk through the struggles he and wife Anne experienced for their 'Quest for Kairos' and the miracle they received. He also provided valuable information on Hybrid and Self-Publishing, Cover Design, Art Illustration, and book Press Releases. Nate's book provides a unique male perspective on the subject of infertility.

Nate Kibler resides in Charlottesville, VA with wife Anne and son Kai Roman (Kairo). Nate graduated from James Madison University in Harrisonburg, VA in 2004 with a degree in Business Management. He is currently a successful entrepreneur and owns an award winning business in Charlottesville.

The first chapter entitled, 'Mad at the World,' will pique your interest and pull you into the magical journey of Nate and Anne. The chapter tugs at your emotions, as the first few sentences read, "It's easy to isolate yourself when you are living with a secret. It's easy to isolate yourself when you feel alone. It's easy to isolate yourself when you feel you are being bullied. It's easy to isolate yourself when you feel you are being judged." You become intrigued and it makes you want to continue reading. All proceeds from the sale of this book will go the **Kairos Fertility Foundation**.

It was a very successful and rewarding day for the blooming, Four Seasons writers, as they had an opportunity to ask questions and receive answers on their quest to someday become published authors. Members present for the presentation were: Chris Sauter, Chairperson, Sandy Finley, Toni Tucker, Hazel Sykes, Pat and Dave Heath, Diane Denton, Pat Jensen and Lucille Smith. [Did you know? Nate is the talented son of our very own Jeanne Kibler. ]

*Note: The Four Seasons Writer's Group meets the first Monday of each month at 10:00 A.M.*

## Greg Redfern Always Reaching for the Stars

by Sandy Finley

When we retired, many of us relocated from more highly populated areas. We planned to make new friends and learn new things. Most of us did not consider that the world above us would be as newly available as the world around us.



Not everyone who moved to Four Seasons is retired. Consider **Greg Redfern**. Retired from NCIS, Greg now has a career in astronomy. He is the space reporter for WTOP, Washington DC's all news radio station. He also does outreach for NASA and lectures on cruise ships.

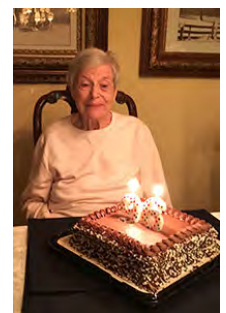
Greg maintains an almost daily blog that interested individuals are welcome to follow. In addition to posting what is in the sky, he includes breaking stories related both to space and astronomy. You can find Greg's blog at <http://www.whatsupthespaceplace.com>.

So, on some of these dark nights, get out of your comfort zone and turn off the TV. Then read Greg's blog, put on your coat and go outside. Be prepared to make new friends of a very different kind.

## Oldest Resident of Four Seasons Turns 96

by Pat Heath

Marian Viar turned 96 on November 22. Her late husband, Charles, was born on the same day, *i.e.*, Nov. 22, 1921. Marian, who is pictured [right], lives with her daughters, Sylvia Viar and Pat Heath and son-in-law, Dave Heath. They all moved to Four Seasons in late July, 2017.





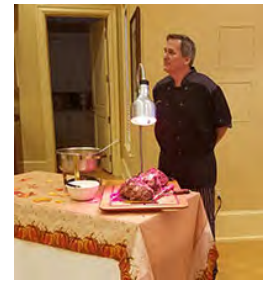
## Oktoberfest

by Hazel L. Sykes, SAG



The Oktoberfest has its origin in the year 1810 in Munich, Germany. However, it looked a bit different back then. The first one was a horse-race, held as a part of the wedding festivities of Bavarian King Ludwig I and his wife Therese. We don't need to visit the original Oktoberfest to feel the vibe. We celebrate this memorable occasion every year here at Four Seasons.

Oktoberfest has always been one of our most popular SAG sponsored events. This year was no exception. The Bavarian Chef catered a delicious authentic meal. There were lots of flavorful food choices for anyone wanting to sink their teeth into something sweet or savory: veal/pork sausages, roasted chicken, potatoes, creamy sauerkraut, red cabbage, a green salad, lentil soup and apple sauce. Chef Jerome [right] was positioned at the carving station slicing portions of juicy pork tenderloin for all to enjoy. Soft pretzels and dessert topped off the meal.



Everyone had a wonderful time mingling with neighbors and friends. The standouts of the evening were the Smiths [left] who just returned to us from a three year stay in Germany. Marie wore a traditional Bavarian Dirndl dress. Rick wore traditional lederhosen, a plaid shirt and a stunning fedora. We all enjoyed the accordion music rendered by the talented Jim Lyon. --

## Getting Away From It All - Rocky Gap Casino Resort

by Vera Reece

If you are looking for a nice "getaway" that is not too far, Joe and I discovered Rocky Mount Casino Resort in Flintstone, Maryland. It was recommended to us a while back by one of your neighbors and we finally checked it out in August.

The drive takes a little over 3 hours but it is a beautiful trip through the mountains on I-68. The mountains just seem to roll on – absolutely incredible! The trip takes you through an area called Sideling Hill which is a man-made mountain pass – said to be the best rock exposure in the northeast. There is a rest stop/welcome center and a pedestrian bridge that crosses the highway. It is worth stopping and walking the bridge – it gives you the best view of the cut through the mountains.

Once you arrive at Rocky Gap, you will be surrounded by the beauty of nature - the setting is breathtaking. There is a lake behind the lodge surrounded by the mountains. Although it is a Maryland State Park (not a five star hotel), the lodge is very accommodating with everything you will need to a nice stay. There are 3 restaurants along with the small casino, an indoor pool and spa. Outside there are several seating areas with gas fire pits. A lovely place to sit and enjoy the beauty of your surroundings. We had such a good time that we went back in October. On this trip, while Joe enjoyed the casino I took a hike on the trail around the lake. It was such a beautiful walk in the woods on a perfect fall day! There is also a golf course, kayaking and boat rental. Plenty to do for the outdoor enthusiast. You can see all they have to offer on their website: <http://www.rockygapcasino.com>.

## Our Holiday Party December 14

by Hazel L. Sykes



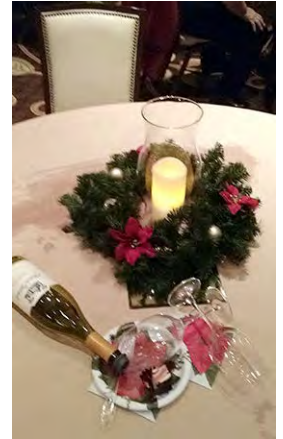
*The clubhouse is gorgeous with glitz and glamour and candlelight  
Excitement fills the air in anticipation of this night*

*SAG planned this festive occasion so we all can have some fun  
There will be plenty of laughter and merriment for everyone*

*We will consume mouthwatering hors d'oeuvres served on fancy trays  
And won't care about gaining weight 'cause these are the holidays*

*We will hit the dancefloor and boogie down to DJ Tobler's beats  
After four or five straight songs we might finally take our seats*

*We'll socialize with neighbors and friends as drinks freely flow  
And will stay bright-eyed and bushy-tailed until it's time to go*



*I'm thrilled to say us seniors sure know how to party here  
So let's plan to meet at this same place, same time, again next year*



**SAG outdid itself!  
(Again.)**



The 2017 holiday party was lively and well-attended by 86 of us -- the club house was beautifully decorated and the *hors d'oeuvre* tables overflowed (briefly) with wonderful food catered by Blue Ridge Cafe. DJ Derek Tobler provided the music - See [Four Seasons residents at play](#).



## Michie Tavern -More than a Place for Lunch

by Sandy Finley



Today we think of a tavern as a place to have a drink with a friend. In 1784 when William Michie, son of Scottish immigrant John Michie (pronounced "Micky") opened his tavern at the stagecoach stop in Earlysville, the term meant something a little different. In addition to being a place for local men to socialize (the colonial equivalent of GCC?), the tavern provided bed space for weary stagecoach travelers. After a pint and a hearty meal not unlike that served today at the museum the traveler fell into the rented bed space, not knowing who would join him while he was sleeping. And if the traveler happened to be a woman who did not have family in the area to stay with, she hoped her husband -- didn't every respectable woman have a husband? -- had sufficient means to rent the tavern's lone private room.

In 1924 Monticello opened to the public. Josephine Henderson, a local business woman, purchased Michie Tavern and had the building moved to its current location down the road apiece from Monticello. At its current site it has always been a museum.

These days our own Teresa Beahm (above) can be seen there, dressed in colonial garb, shepherding visitors through the museum. She and her colleagues describe life in 1784. It is interesting to learn about the games of chance played in the tavern, and the cooking equipment used, but the most interesting is learning about how they lived. Consider how long it took to get from Washington, DC to Philadelphia or New York, the conditions under which they traveled, and the beds they occupied! (And all I have to complain about is that our furnace is too loud?)

The next time you have guests who are looking for historical sites with an emphasis on how people lived, consider Michie Tavern. The tour has something for everyone.

## To Love What Death Can Touch

by Yehuda HaLevi (1075 – 1141)

'Tis a fearful thing to love what death can touch.

A fearful thing to love, to hope, to dream, to be –  
to be,

And oh, to lose.

A thing for fools, this,  
And a holy thing,  
a holy thing to love.

For your life has lived in me,  
your laugh once lifted me,  
your word was gift to me.

To remember this brings painful joy.

'Tis a human thing, love,  
a holy thing, to love what death has touched.



***Thanks to all of you who donated to our Adopt a Family initiative. Through your generosity, we were able to provide two families in need with clothing and toys. We at Four Seasons are happy to give back to Greene County by assisting our neighbors in need.***

## The GCC at TEN

Like all the best rock bands, the **Four Seasons Gentlemen's Coffee Clutch** formed in a garage. Ten years ago, a small group of around 15 to 20 men began to meet informally on Friday mornings in the garage of the administration unit at 19 Stodghill Drive. Coffee was provided and attendees took turns bringing snacks. The atmosphere was congenial and social, and newcomers were welcomed with enthusiasm. In the week before Christmas that year, the meeting for the *Gentlemen's Coffee Clutch* appeared in the weekly email newsletter.



Ron Heinz submitted a "resident club application" in December of 2007, and the GCC has been meeting in the Clubhouse cafe since the building was completed in May of 2008.

There is no formal membership; any resident is welcome to attend. John Widomski is the current meeting moderator, and follows many years of Larry Baker's able leadership. Every Friday morning at about 9:00 some 30 to 50 residents meet in the clubhouse cafe and one lucky soul gets to provide the eats. Discussions range from home sales to current events to notices of local interest. Much is to be learned.

Cards are signed for friends with health issues, and an *in-memoriam* roster is kept. New residents are warmly welcomed and introduced.

**Come and you will find the atmosphere to be much as Ron Heinz described it a decade ago: a social gathering of men from the community for refreshments and polite conversation.**

*Larry Baker & Chuck Probst*

## Public Service Announcements

### 10 FUN FACTS

*contributed by Don Brady*

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried number 3.
6. When you did no. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5.
9. You just checked to see if there is a no 5.
10. Share this with your friends to have some fun.



***A warm welcome to all our new residents:***

We look forward to seeing you at the monthly Meet and Eat, the weekly Monday Happy Hour, and the various events.

## Home Care Resources that Serve Ruckersville

by Pat Heath

*Note: In the summer issue of our newsletter, Pat offered tips for working with someone with dementia. She continues to offer us the benefit of her experience both as a nurse and care giver.*

In late July of this year, I moved here from the Houston area with my mother and sister. My mom is 96 years old and has dementia, and my sister is mentally ill, so I need help with their care. My husband came from Houston in mid-October. Therefore, for nearly three months, I could not leave the house to run errands unless a hired caregiver were present. In Houston, we were served by Home Instead Senior Care for nearly three years and were highly satisfied with the quality and quantity of care provided by that agency. We used Home Instead here initially but decided to try out several other agencies. We have been using Open Arms Helping Hands since August and are highly satisfied.

I collected information from five agencies here and would like to present it as a reference for those who might need services. Please keep in mind that individual caregivers from the same agency may vary with regards to quality of care, quantity of care, punctuality and attendance, and personal characteristics (such as compassion, caring, and being proactive and taking initiative). Payment for services is not covered by Medicare, in contrast to home health services. Home health services are prescribed by a physician and include the need for skilled nursing by an RN (e.g., wound care, diabetic care), or the need for physical therapy or occupational therapy. Home care is not skilled care by a professional nurse or therapist and does not require a physician's order. Home care is provided by a nursing assistant.

### DEFINITION OF TERMS:

- **Assessment:** performed by an RN, this process determines the care required by the client. (An RN is required to perform the assessment in Virginia, according to some of the agencies). The client is assessed for needs regarding personal care (bathing, dressing, etc.), help with feeding, and use of assistive devices such as walkers, canes, hearing aids, and eyeglasses. The agency is informed of any special needs at that time. Simple meal preparation and medication reminders are discussed, as well as transportation to medical appointments. (Medications are not administered by the agency, but the caregiver can give reminders. Most agencies do not allow the caregiver to take vital signs --blood pressure and temperature). Light housekeeping chores are negotiated, such as mopping floors, cleaning up the bathroom after a bath, etc.
- **Companion Care:** a lower level of care provided when the client is able to handle his own personal care. Companion Care includes activities such as transportation to appointments, companionship (playing games, eating out, etc.), medication reminders, and straightening up the house.
- **Personal Care:** a higher level of care provided, when the client needs assistance with bathing, dressing, toileting, and feeding. This level of care includes all aspects of care included in Companion Care, plus the additional Personal Care aspect.

### FEES:

- **Deposit**, which is returned upon termination of services, varies from \$0 to \$750 or more. Some agencies vary the deposit according to the number of hours of service per week anticipated.
- **Assessment Fee**—varies from \$0-\$75 (as of November, 2017)
- **Level of Care**—some agencies charge more for Personal Care versus Companion Care, and some charge the same for both levels
- **Weekdays** (as of this writing in November, 2017), varies from \$16-25 per hour for Personal Care. Some agencies charge slightly less (usually \$1.00-\$2.00 per hour less) for Companion Care.
- **Weekends**—some agencies charge time and a half per hour and some charge the same rate as weekdays.
- **Holidays**—all agencies charge time and a half. Federal law mandates that employees be paid time and a half on holidays.

### AGENCIES (alphabetical order):

- Bright Star, (434) 422-3600
- Care Advantage, (434) 973-2000
- Home Instead Senior Care, (434) 979-4663
- Open Arms Helping Hands, (434) 293-4388
- Visiting Angels, (540) 718 3411

*For additional information, contact the individual agency.*

## How to Email Photos From Your Cellphone

Grandkids, dogs, vacation photos - **even Four Seasons events**- they're all still on your cellphone and you need to send them along. But different phone systems have different methods, and it's not at all intuitive.

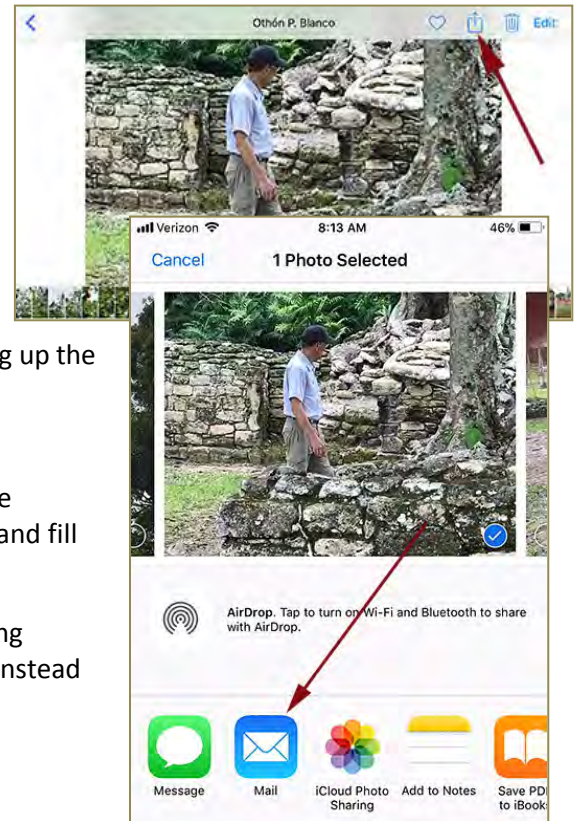
Here's a **tutorial for an iPhone** and a web link for other systems. The method is basically the same for all - Select, share, send.

1. **Find the photos.** They're in a *Gallery* or *Collection* but it's easy to just bring up the camera app and swipe until the one you want to send appears. Tap it. That image will appear in a display frame. See screenshots, right.

2. **Look for the little square with an up-arrow** - it might be below or above the images. Tap the squararrow and you'll see options that include **Mail**. Tap that and fill in the recipient's email address - hit **Send**. Magic.

3. Here's a good article that includes Android systems - that's about everything except iPhones - and as long as you know the icons to look for, you're good. Instead of the square with arrow to opt for sharing, find this :

<https://www.wikihow.com/Email-Pictures-from-a-Cell-Phone>



## And, finally.....

We've been here before. As a new year begins we tend to think about what we did with the old one. This is the time to re-re-resolve to become a better, smarter, more tolerant, useful, skinnier, and just plain worthwhile person. Again.

But in the meantime we have a variety of holidays and celebrations to observe. Jan 1- **New Year's**; Jan 15- **Martin Luther King, Jr Day**; Feb 1- **National Freedom Day**; Feb 12- **Lincoln's Birthday**; Feb 13- **Mardi Gras Day**; Feb 14 - **Valentine's Day**, Feb 15 - **Sinking of the USS Maine**; Feb 19 - **Presidents' Day** (if you'd rather celebrate two at once); Feb 22 - **George Washington's Birthday**; Mar 17 - **St Patrick's Day**; Mar 20 - **First Day of Spring**.

If none of those resonate with you, we have Jan 2- **Science Fiction Day**; Jan 9 - **Static Electricity Day**; Jan 21- **Squirrel Appreciation Day**. And then there's Feb 6 - **Lame Duck Day**; March 2- **Old Stuff Day**; and my personal favorite: Jan 17- **Ditch New Year's Resolutions Day**. There's something for everyone. Have a good year.

-- Jill Probst



## The Mountain Breeze at Four Seasons Charlottesville

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