



## Chesapeake Currents

### Volume I, Issue 8

Dear Friends,

Spring-cleaning is a great opportunity to not just tidy up your own house, but that of an elder parent too. In this issue of **Chesapeake Currents**, we start with an article titled **Trash or Treasure** (from AVAPP.com), which highlights how a family didn't even realize the treasures their mom had! Next, the wise folks at friendlifecare.org point out that the cheapest, easiest way to stay in shape is to use **God's Gym**, and then they offer the **Top Ten Walking Tips**, a continuation of last issue's article, the **Risk of Falls**.

As always, if you, your friends or family have any questions, we would be happy to hear from you; we sincerely appreciate your business and your referrals.

Regards,  
John F. Robbert

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#### Important Dates:

**May 15**  
State Taxes Due

**Anytime**  
Need to update your documents? Have a question? Please call us anytime to schedule an appointment!



## Trash or Treasure? - AVAPP

Most of us have had a client that has been or has had a family member that seemed to have "collected" a bit too much. This often causes anxiety over the welfare of their loved one and the overwhelming thought of the work they might be left to do...

[Read more](#)  
[avapp.org](http://avapp.org)

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## It's Back! God's Gym for Seniors - Friends Life Care

By Etta Hornsteiner It's springtime and that means "God's Gym" is open for business! God's Gym is the best outdoor fitness center offering adults 55 and older a variety of low-impact to moderate-impact exercises to keep you in shape and give you...

[Read more](#)  
[www.friendslifecare.org](http://www.friendslifecare.org)

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## Top Ten Outdoor Walking Tips - Friends Life Care

By Contributor Post This is the second blog post in a series about Falls Risk Reduction. Friends Life Care provides you with a list of important things to watch out for when you leave your home and go walking. Walking is the most basic form of...

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[www.friendslifecare.org](http://www.friendslifecare.org)