

## ACCESS TO CARE

### New Recreation Center Coming to Whaleyville

By Rick Spencer, Obici Healthcare Foundation

"It's exciting to see the health assets in Suffolk continue to grow at such an astounding rate," said Suffolk Parks and Recreation Assistant Director Helen A. Gabriel. "The new Whaleyville Recreation Center is our latest development."

This 23,427 square foot facility will have a spacious fitness center was funded by the Obici Healthcare Foundation. The fitness area will be equipped with treadmills with cable TV monitors in front of each station, recumbent bikes, elliptical machines, battle ropes, lifting chains, weighted jump ropes and hula hoops, medicine balls, rowing machines, spin bikes, weight machines and free weight-lifting equipment. There is also a group exercise room where Zumba, ballroom dance and exercise classes will be offered.

Katlin Jordan, a Therapeutic Recreation Specialist, will assist in designing exercise programs for persons with physical limitations and behavioral challenges.

"Fitness Center members will be able to take advantage of free exercise equipment orientation, fitness assessments and personal fitness programs," Stephen Bryant, Whaleyville Fitness Specialist, pointed out. "Exercise equipment and routines will be available to accommodate members with a variety of fitness levels and goals."

In addition to the fitness center, the facility will have locker rooms, a commercial kitchen, game and computer rooms and a multi-purpose room with a stage.

More details about the services available at Whaleyville will be publicized once we are open for business," Ms. Gabriel noted. "The Department of Parks and Recreation wants to be as flexible as possible so we can take the time to listen to

community members and structure programming that meets the needs of our community."

Outside, there will be a multiuse trail for walking and biking. Future plans will include a garden, playground equipment for children, fitness equipment for adults and picnic shelters.

Parks and Recreation renovated the space that was formerly occupied by the Robertson Elementary School.

The membership cost is \$20 per year for adults and \$10 per month for use of the fitness center. The annual and monthly rates are half price for seniors. Youth membership is \$10 per year and \$7 for access to the fitness center.

Whaleyville Recreation Center, 132 Robertson Street, Suffolk, is projected to open in late fall 2014 operating Monday thru Friday from 6 a.m. – 8 p.m.; Saturday from 8 a.m. – noon; but closed on Sunday.

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Whaleyville Recreation Center is set to open in late fall 2014. Suffolk Parks and Recreation Assistant Director, Helen Gabriel, and Stephen Bryant, Whaleyville Fitness Specialist, give their attention to final details.

# Help with Navigating the Health Insurance Marketplace

Having difficulty shopping in the Health Insurance Marketplace? Help has arrived in the form of Navigators, or Certified Application Counselors. Their role is to help people obtain health insurance through the Marketplace, prepare electronic and paper applications to establish eligibility for coverage and qualifications for affordable health insurance programs.

Becky Felts, Horizon Health Services, said, "Education is the biggest piece of the job. We need to help people understand that the benefits of having insurance outweigh the myths.

Open enrollment is from November 15, 2014 - February 15, 2015; however, Special Enrollment is available year round. Qualifications for Special Enrollment are:

- loss of current coverage,
- new child
- new marriage
- new citizen
- release from prison
- new employment
- or other special circumstances

Everyone enrolling in insurance will need an email address to send and receive information about their policy. If they don't have one, their Counselor will help create one for them.

Navigators are federally-funded positions. They must complete comprehensive federal Navigator training, criminal background checks and register with

the Bureau of Insurance before they begin assisting consumers.

Elise Brown, Virginia Legal Aid Navigator, mentioned "The time involved with enrolling in health insurance can be reduced dramatically if consumers come prepared with the proper documents. It will also guarantee a better experience. People seeking Marketplace insurance will need: (1) social security

numbers for entire the household; (2) income verification (such as your last paycheck stub); and (3) a list of your prescriptions and doctors."

*"The time involved with enrolling in health insurance can be reduced dramatically if consumers come prepared with the proper documents."*



Consumers needing assistance obtaining health insurance can contact Navigators or Certified Application Counselors. These resource persons in Western Tidewater include (from left) Sarah Anthony, Southeastern Virginia Health System; Christy Davis and Becky Felts, Horizon Health Services, Inc.; and Elise Brown, Virginia Legal Aid.

## CONTACT WESTERN TIDEWATER IN-PERSON ASSISTERS FOR HELP WITH THE HEALTH INSURANCE MARKETPLACE

*NAVIGATORS OR CERTIFIED APPLICATION COUNSELORS*

**Horizon Health Services Inc.** (Waverly and Ivor and Surry County)

Becky Felts at 757-899-0194 or [bfelts@hhsinc.net](mailto:bfelts@hhsinc.net)  
Christy Davis at 757-899-0788 or [cdavis@hhsinc.net](mailto:cdavis@hhsinc.net)

**Southeastern Virginia Health System Main Street Physicians** (Suffolk)

Sarah Anthony at 757-942-1287 or [santhony@sevhs.org](mailto:santhony@sevhs.org)

**Virginia Legal Aid** (Suffolk and Southampton, Isle of Wight and Sussex Counties)

Elise Brown at 434-221-3369 or [elise@enroll-virginia.com](mailto:elise@enroll-virginia.com)