

# Willow Creek

## Gracious Retirement Living

516 Great Bridge Boulevard • Chesapeake, VA 23320 • Phone (757) 547-7876 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2019

### WILLOW CREEK STAFF

Managers.....GLENN & VALERIE CAMPBELL  
Assistant Managers .....RANDY & KATHY HALL  
Executive Chef.....TONIA JOYNER  
Activity Coordinator .....MEREDITH TYSON  
Maintenance .....D.J. RALSTON  
Bus Driver .....APRIL OUTLAND

### TRANSPORTATION

**Monday, 9:30 a.m. and 2 p.m.:**  
Shopping Day — Front Lobby

**Tuesday:** Doctor Appointments — Front Lobby

**Wednesday:** Weekly Outings — Front Lobby

**Thursday:** Doctor Appointments — Front Lobby

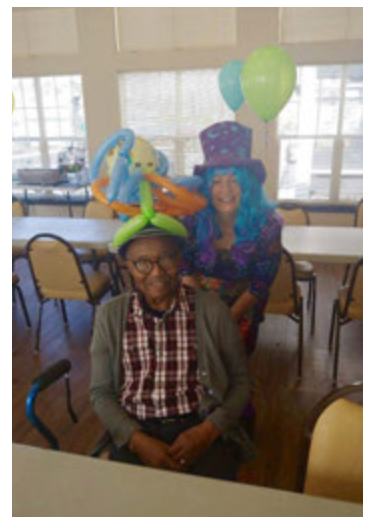
**Friday, 9:30 a.m. and 2 p.m.:**  
Shopping Day — Front Lobby

HAWTHORN  
SENIOR LIVING

## Shout Out to Our Oscar Smith Resource Class and ROTC Program!

A special shout out to the wonderful group of students, and all of their hard work at W.C. Mae Marie decided to gather the troops to celebrate this year's class. What better way than holding it on a fun-filled day of April Foolishness. Residents played LCR, grooved to party tunes, and we treated the students to every teen's favorite, pizza! As it was April Fool's Day, Mrs. Susan brought smiles to everyone with crazy balloon hats.

*(Continued on Page 2.)*



*Smile if you have an octopus on your head! Ben posing with the talented balloon-twister, Susan!*



*Group shot with Sgt. Caine located in the middle surrounded by students and residents after they sang the National Anthem together*





## Shout Out to Our Oscar Smith Resource Class and ROTC Program! (Continued)

Oscar Smith also requested a Veteran Mentorship Program for Sargeant Caine's ROTC students. The program will take place once a month. Sargeant Caine's goal is to allow students to broaden their futures from the mentorship of the most well-respected generation, inviting residents to share stories and words of wisdom.

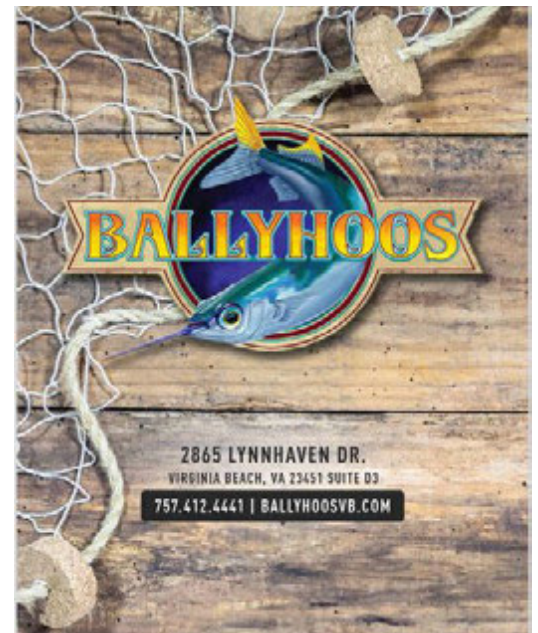
W.C. looks forward to our next meeting. Date TBD.



*Kitchen team, students, teachers and residents*

## Everyone is Invited!

Make sure to tell any friends or family to go and eat at Ballyhoo's on the last Wednesday of this month! They will be donating a portion of their proceeds to our Willow Creek Relay team for Relay for Life for the American Cancer Society!



*May 29th, 2019: Eat dinner to help W.C.'s Relay Team!*

## May Highlight: We Love our Volunteers!

Willow Creek has so many wonderful volunteers! We will be highlighting each one, as they hold a special place in our hearts, and play such a big role in our daily lives. This month, we highlight one who belongs to one of our own, Helen Gillespie, who did a fantastic job raising a daughter who brings nothing but joy and sunshine to so many, Mrs. Debbie Bower. Starting work straight from high school, Debbie began her career working as a federal employee for the Navy for 36 years.

She was a Clerk Dictating Machine Transcriber and worked her way up the ladder to a Manpower Analyst, where she was able to retire in 2011. Around that time, she was married, moved to Germany, and two of her children were born. After having her children in Germany, she returned back to the U.S., where she started a new way of life. Shortly after they returned, she was divorced, and her next few years she worked hard as the head of the household as a single mother (Girl

Power!). Now Debbie is married to her wonderful husband, Dave, whom she met in church, and this year they will be celebrating their 25th Anniversary! Together, they have three grown daughters, five grandchildren, and two great-grandchildren. Dave tells her their grandchildren "are God's reward for us not killing our own kids through the teenage years!" Not only does she contribute to the W.C. community, but also to River Oak Church, and Crisis Pregnancy Center. Debbie has



## Welcome Home to Willow Creek

We are excited to introduce our new neighbors! Make sure to say hello and invite them to your favorite event or activity that is happening this month.



*Ed Fitzgerald*



*Joann Jackson*



*Virginia and Willie Smith*

## Prom 2019 Will Take You Under the Sea!

Be on the lookout for your invitations to this year's Willow Creek Prom. The Kitchen will be delivering boxed lunches at approximately 4 p.m. for the supper meal. At Prom, there will be an assortment of appetizers to enjoy. There will be no required dress code, and we hope that each and every one of our residents will be able to attend. Prom will take place from 6 to 8 p.m. Look forward to an evening packed with fun. There will be door prizes, a crowned Queen and King, food, games, entertainment, and of course, some surprises! For this year's prom Queen and King, anonymous nominations for the upcoming ballot can be placed in the box in the Activity Room. If you wish not to be nominated, you may write your name and check the box to refuse, if voted for. We will have our wonderful previous Queen and King retire their crowns, as we continue to pass that fun and shining moment throughout our W.C. Community. Look out for the outing we will be taking on Friday, May 10th, if you're interested in some "Me-Time" that will make you feel even better for Prom!

volunteered for River Oak Church for 20 years, currently leading a class for single moms, as it holds a special place in her heart. Once life was ready for an adjustment after losing her father, she wanted to make sure her wonderful mother felt safe and was in good company, and they found Willow Creek. Her mother, Helen Gillespie, was one of the first residents to move here, and Debbie was ecstatic that her favorite lady was now in walking distance. She loves it here, getting to know each person and hearing their

interesting stories, and leaves feeling so appreciated by all the residents here. She was able to take her mother and a few friends to Pennsylvania and Niagara Falls, Canada, leaving both her and Helen with unforgettable memories. Helen describes it as a "trip of a lifetime." Debbie takes part in giant crosswords, brain games, trips, and of course, she doesn't forget Bingo!

Thank you for sharing your wonderful story, Mrs. Debbie, and we are all so grateful for everything you do!



*Debbie, Helen and Dave*



MAY 2019

Birthdays

John Ulrich, 2nd  
Elizabeth White, 5th  
Edward Fitzgerald, 7th  
Hal Reichart, 9th  
Claudia Storms, 11th  
Elizabeth White, 11th  
Ben Saddler, 18th  
Earline Stephenson, 19th  
Barbara Ansell, 19th  
Irene Desrosiers, 20th  
Joann Jackson, 20th  
Jean Hux, 22nd  
Helen Gillespie, 24th

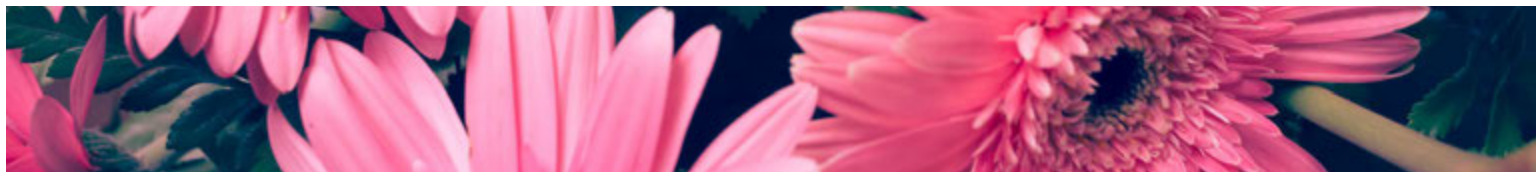
Locations

Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Bistro, BT  
Chapel, CH  
Corner Kitchen, CK  
Dining Room, DR  
Fitness Room, FT  
Front Lobby, FL  
Library, LB  
Patio, PT  
Theater, TH  
TV Room, TV

“Age is not how  
old you are,  
but how many  
years of fun  
you’ve had.”  
—Matt Maldre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>MAY DAY1</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 New *Sit &amp; Be Fit with Jessica*, FT</div> <div>10:00 Catholic Communion, CH</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>10:30 Outing: Dinner at Outback Steakhouse, FL</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Movie, TH</div>	<div>2</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>1:45 Brain Games with Jessica, AR</div> <div>2:00 Movie, TH</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div> <div></div>	<div>3</div> <div>Wear Your Patriotic Colors Day</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 Kentucky Derby Party: Bingo, Horse Racing &amp; More!, AR</div> <div>7:00 Movie, TH</div> <div>7:00 Fireside Social, PT</div>	<div>4</div> <div>8:50 Prayer with Friends, AR</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>3:30 Paparazzi \$5 Jewelry Stand Alice Baker, AR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>
<div>5</div> <div>9:00 Worship Service, TH</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>2:00 New Release Movie, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>3:00 Performance by Unshackled, AR</div> <div>7:00 New Release Movie, TH</div> <div></div>	<div>6</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Strength &amp; Balance Class with Meredith, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>7:00 Game Night, BR</div> <div>7:00 Movie, TH</div>	<div>7</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fab, Fit, Fun with Linda, AR</div> <div>10:00 Bridge Club, BR</div> <div>1:45 Entertainment with Billy Mitchell, AR</div> <div>2:00 Movie, TH</div> <div>3:15 Bingo Time Change!, AR</div> <div>4:15 Singalong, DR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div> <div></div>	<div>8</div> <div>Outing Moved to Friday 10th</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 New *Sit &amp; Be Fit with Jessica*, FT</div> <div>10:00 Catholic Communion, CH</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>11:00 Piano Perform., Dan Wallace, DR</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Movie, TH</div>	<div>9</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 Movie, TH</div> <div>3:00 Cranium Games, AT</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div> <div></div>	<div>10</div> <div>Wear Your Patriotic Colors Day</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>9:30 VIP Nail Salon Ladies’ Trip, FL</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>1:30 Beltone Hearing Aid Checks, CH</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>7:00 Movie, TH</div> <div>7:00 Fireside Social, PT</div>	<div>11</div> <div>8:50 Prayer with Friends, AR</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div> <div></div>
<div>12</div> <div>MOTHER’S DAY</div> <div>9:00 Worship Service, TH</div> <div>9:00 Mother’s Day Brunch, DR</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>4:00 Musician Steve Daley Entertainment, AR</div> <div>7:00 New Release Movie, TH</div>	<div>13</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Strength &amp; Balance Class with Meredith, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>11:30 Crosswords, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>4:00 Horse Racing, AT</div> <div>7:00 Game Night, BR</div> <div>7:00 Movie, TH</div>	<div>14</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fab, Fit, Fun with Linda, AR</div> <div>10:00 Bridge Club, BR</div> <div>10:00 Catholic Mass with Father Brian, CH</div> <div>2:00 Movie, TH</div> <div>2:00 BINGO, AR</div> <div>3:15 Coffee Chat, AR</div> <div>4:15 Singalong, DR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>15</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Outing Coffee Concert, Robin Hixon Theater, FL</div> <div>9:30 New *Sit &amp; Be Fit with Jessica*, FT</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Movie, TH</div>	<div>16</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 Movie, TH</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>17</div> <div>Wear Your Patriotic Colors Day</div> <div>Boxed Supper Meal, DR</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>6:00 2019 Willow Creek Presents Prom Under the Sea, DR</div>	<div>18</div> <div>8:50 Prayer with Friends, AR</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div> <div></div>
<div>19</div> <div>9:00 Worship Service, TH</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>2:00 New Release Movie, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>7:00 New Release Movie, TH</div> <div></div>	<div>20</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Strength &amp; Balance Class with Meredith, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>11:30 Crosswords, AR</div> <div>1:50 Let’s Go Sing!, FL</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>7:00 Game Night, BR</div> <div>7:00 Movie, TH</div> <div></div>	<div>21</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fab, Fit, Fun with Linda, AR</div> <div>10:00 Bridge Club, BR</div> <div>10:30 Early Bird May Birthday Party with Chuck Moebus, AR</div> <div>2:00 Movie, TH</div> <div>2:00 BINGO, AR</div> <div>3:15 Coffee Chat, AR</div> <div>4:15 Singalong, DR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>22</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Mystery Trip, FL</div> <div>9:30 New *Sit &amp; Be Fit with Jessica*, FT</div> <div>10:00 Catholic Communion, CH</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Movie, TH</div> <div></div>	<div>23</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 Movie, TH</div> <div>3:00 Cranium Games, AT</div> <div>3:45 Health Talk : P.T. Jessica with Legacy, TH</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>24</div> <div>Wear Your Patriotic Colors Day</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:15 Fun Fridays: A New Game Every Week!, AR</div> <div>7:00 Movie, TH</div> <div>7:00 Fireside Social, PT</div> <div></div>	<div>25</div> <div>8:50 Prayer with Friends, AR</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>
<div>26</div> <div>9:00 Worship Service, TH</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>2:00 New Release Movie, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>7:00 New Release Movie, TH</div>	<div>27</div> <div>MEMORIAL DAY</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Strength &amp; Balance Class with Meredith, AR</div> <div>11:00 Bingo 4 Relay!, AR</div> <div>12:30 Memorial Day Picnic, AR</div> <div>1:45 Performance by “Mark Twain,” AR</div> <div>7:00 Game Night, BR</div> <div>7:00 Movie, TH</div>	<div>28</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fab, Fit, Fun with Linda, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:15 Coffee Chat, AR</div> <div>4:15 Singalong, DR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>29</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 New *Sit &amp; Be Fit with Jessica*, FT</div> <div>10:00 Catholic Communion, CH</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>4:00 Outing: Supper at Ballyhoo’s, FL</div> <div>7:00 Movie, TH</div>	<div>30</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 Movie, TH</div> <div>2:00 May Resident Meeting, AR</div> <div>4:00 Entertainment with Group Therapy, AR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>31</div> <div>Wear Your Patriotic Colors Day</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>11:30 Entertainment &amp; Fundraising Begin Relay 4 Life, FL</div> <div>2:00 Movie, TH</div> <div>2:00 BINGO, AR</div> <div>4:45 Survivor Dinner Reception Relay 4 Life, FL</div> <div>7:00 Movie, TH</div> <div>7:00 Fireside Social, PT</div> <div>7:20 Survivor Lap Relay 4 Life</div>	





## Health Fair 2019



Shirley getting some more info on imaging services offered at Chesapeake Regional.



Team members took turns selling raffle tickets for Relay 4 Life. Great job, team, raising \$350 at the health fair!



We know you can hear us, Louis! The Lions Club gave free ear and eye exams.



Barbara M., Charlotte, Betty M., Shirley J., Shirley S., Carol and Marian looking fab with feathers. Herman on first shift.



Our new in-house neighbor's booth, Legacy. Make sure to meet Jessica, the Physical Therapist, who may be just the help you need!

## April Showered Us With Fun



Herman was dancing away at the birthday party.



Sandra and Joann



Put your right hand in! Hokey Pokey with the ROTC!

## Mystery Resident



See the Office if you know what handsome guitar player this is!





## May Takes Us Away!

**May 1st :** Supper Out at Outback Steakhouse

**May 8th :** Outing will be on Friday, May 10th. Shopping Trips will take place in exchange of dates and times.

**May 15th:** Coffee Concert, with Dali Quartet playing at the Robin Hixon Theater in Norfolk, Virginia. Twenty spots have been reserved and tickets are \$17 a person.

**May 22nd:** Mystery Trip: You won't want to miss!

**May 29th:** Supper Out at Ballyhoo's

**May 31st:** Relay for Life!



*We had a great turnout for the terrariums they created at the Plant Bar. Mary P. and her daughter working alongside of Marian and Claudia C.*



*Kathleen and Betty H. planting away their new apartment decor using Air Plants.*



*Erlene and Emery enjoying the view of the James River from the Scenic Bus Tour.*



*Moms know best — Lori had the scenic tour take a detour, allowing time for a relaxing lunch. Dick, Emery, Joann, Jean and who spots Marge!*

## May is Flowering in Events

**May 3rd:** Kentucky Derby Party starts at 2 p.m. We invite you to this year's horse races! As you place your bets, a local Auctioneer will be making his calls throughout the race, until the winning horse runs through the finish line! Make sure to wear your most Fabulous Hat you made during craft-time or years past. An anonymous vote will take place for the best hat and the winner will receive a prize. As for our Bingo players, saddle up for Bingo with a Derby Theme. See you there!

**May 12th:** Invite family or loved ones to join you for our beautiful Mother's Day Brunch. After a delicious meal has been served, have them stay and enjoy the sweet melodies by Steve Daley. He will begin at 4 p.m.

**May 17th:** 2019 Prom Under the Sea! 6 to 8 p.m.

**May 21st:** Bingo 4 Relay: 50-cent buy-in, winner takes half and the other half of proceeds will go to Willow Creek's Relay Team!

**May 21st:** Time to celebrate our special May Birthdays. Join us at an early time, 10:30 a.m., for cake and some boogie-woogie to songs sung by Chuck Moebus!

**May 27th:** Annual Memorial Day Picnic Dinner: Resident-Only Dinner will be held, as you will enjoy a barbecue picnic. Once dinner is served, welcome your family and friends to join you for the new entertainment. A Mark Twain impersonator will be putting on a performance that will take you back in time. His performance will begin at 1:45 p.m.!

**May 31st:** Relay for Life Event Day: Survivor Dinner Reception welcomes all survivors to invite one guest for a meal and anyone who would like to be honored for a survivor/caregiver walk at 7:20 p.m. Listen up for more details.



Gracious Retirement Living

516 Great Bridge Boulevard  
Chesapeake, VA 23320



## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

# **Willow Creek**

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**757-547-7876**