



# ADULTING 101

## DID YOU KNOW?

The Talley Center for Counseling Services has an "Adulthood" group that covers a range of topics to help you succeed. Check out the ones offered this semester to the right!



## AVOIDING MAKING A DOCTOR'S APPOINTMENT?

Making dentist/doctor appointments can seem like a daunting task. Follow these easy steps!

- Look up your insurance provider to see what offices are "in your network".
- Take a look at the reviews for those practices.
- Pull out your calendar and give the top few offices a call!
- Confirm on the phone that they take your insurance.
- Set up your appointment. TA-DA!

## SPRING 2019 ADULTING TOPICS

### Insurance

How does it work? How do you pay for it? What should you consider?

### Taxes

Where can you file? How do you file?

### Bills

Everyone's got them! Let's talk about managing them.

### Making Big Purchases

Buying a car or renting a home?

### Any other topic of interest that may come up!

If you're interested in joining, please call the Talley Center at 540-654-1053.

## TAXES!

Even if you paid them last year, they are due AGAIN this year!

## NEED SOME HELP COMPLETING YOUR TAXES?

The Rappahannock United Way is providing free tax preparation to people who make less than \$66k, with no appointments necessary on **Wednesdays 1-5pm, Fridays 1-5pm & Saturdays 9am-5pm**. Their website has not been updated to reflect these services yet.

Rappahannock United Way:  
3310 Shannon Park Drive  
Fredericksburg, VA 22408  
(540) 373-0041

## SHOWER CURTAIN CLEANING

1. Keep the fan on while showering to reduce moisture in the air.
2. After showering, keep shower curtain open completely until thoroughly dry.
3. Spray/wipe down shower curtain weekly with a cleaner. Rinse and allow to dry thoroughly (Clorox wipes/spray).

That's it! Your shower curtain should stay fresh and mold free with these regular care steps.