

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – APRIL 2021

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The Senior Resource Center will be operating according to the health situation at the beginning of April. Our first consideration will be the health and safety of our patrons. Please check the website and the message board outside the building for updates on times of operation.

Eager to Reopen the SRC

Most of us are anxious to see the doors at the Senior Resource reopening to activities. We are working with the City of Virginia Beach Department of Human Services and the Public Health Department to determine when and how we can get back into operation. We anticipate that it will take time to resume our favorite pastime---pot luck lunches—but we hope to be able to schedule some activities as soon as we are given the o.k. to do so.

We have been very concerned that many of our regulars have suffered during the pandemic, not because they had Covid-19, but because they were isolated at home without their regular social outlets for so many months. We hope most of you have been able to find ways to fill your days while more homebound, whether it was by reading, doing jigsaw puzzles, playing solitaire or telephoning friends. We will all celebrate when we can finally gather at SRC again to enjoy fellowship and fun.

Vaccinations in Virginia Beach

We are hopeful that many of you have already received your two vaccine injections by now. If you still need to get your vaccine, go online or call the Virginia Department of Health as noted below. The statewide system has hopefully made registering for and obtaining vaccine easier. Help the Senior Resource Center reopen safely by getting vaccinated.

Starting the Conversation about End-of-Life Care

National Healthcare Decisions Day (NHDD) April 16, is a nationwide initiative that encourages adults of all ages to plan ahead of a health crisis. After living through more than a year of the pandemic, with over a half a million deaths in the United States, we should be even more aware than ever before of the importance of having healthcare directives.

When we make health decisions ahead of time and put those wishes in writing, we bring peace of mind to our families. We enable our caregivers to advocate for us when we are unable to do so for ourselves. We are more likely to avoid the difficult situations that are so common when we become seriously ill and our loved ones are left to guess what we would have wanted. Too many people die in a manner they would not choose, and too many of those

SIGN UP FOR YOUR FREE COVID-19 VACCINE
Vaccinate.Virginia.gov

Or call 1-877-VAX-IN-VA 7 days a week, 8 a.m. - 8 p.m. Available in English and Spanish. Call-back service in 100+ languages. TTY service.

- ✔ GET INFORMATION on how vaccines work and why they are safe.
- ✔ GET PRE-REGISTERED to put your name on the list.
- ✔ GET VACCINATED - when it's your turn, we'll contact you to schedule your vaccine.

VDH VIRGINIA DEPARTMENT OF HEALTH

that cared for them are left feeling bereaved, guilty, and uncertain. Far too many Americans put off talking about their health care wishes, and then they find themselves in a medical crisis and it may be too late to ensure that they get the care they want.



In order to help us tackle this vital subject, The Conversation Project® was created. It is a public engagement initiative provided by the non-profit Initiative for Healthcare Improvement, with a goal that is both simple and transformative: to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected. The Conversation Project offers tools, guidance, and resources that help us to begin talking with those who matter most about our wishes. These free tools can help you shift from not talking about dying, to talking about it. It's time to share the way we want to live at the end of our lives. And it's time to communicate about the kind of care we want and don't want for ourselves. The best place for this conversation to begin is at the kitchen table—not in the intensive care unit—with the people who matter most to us before it's too late.

You can access "Your Conversation Starter Guide," a free 12 page booklet that you can download at www.theconversationproject.org. This guide will help you to start the conversation and to keep talking, so you will have a say in your healthcare. It will help you to talk to the important people in your life about your preferences for end-of-life care, while you are not in a crisis situation. You may assume your loved ones know what you want, but that is not always the case. These conversations

may seem difficult, but they need to take place before you execute any Advance Directives or Health Care Power of Attorney.

Advance care planning includes completing an Advance Directive (also known as a Living Will) and a Healthcare Power of Attorney (naming someone to make healthcare decisions for you if you are unable to speak for yourself.) Then, most importantly, sharing your decisions with your family and loved ones, as well as providing copies of these documents to your health care providers. You can obtain a free, legal Advance Directive for Virginia form at <https://www.wcch.org> and you can register your completed document at <https://connectvirginia.org>.

If you are among the many seniors who still have not completed these important documents, isn't it time you finally tackle it? Do your family a favor and initiate the conversation and then document your specific wishes. What a relief it will be for you and your family when you know that you have completed the process.

Libraries Reopened for Limited In-Person Services on March 15, 2021



In case you aren't aware, all but one of our City libraries have reopened.

Here is the public announcement from the City, released March 8, 2021. For those of us who are avid readers, this is welcome news. We appreciate the extra time and effort that was provided by our library staff while lobby-only service was provided. The great staff kept us supplied with books to read by pulling our requested books from the shelves so that we could pick them up.

Virginia Beach, Va. (March 8, 2021)

Beginning Monday, March 15, Virginia Beach Public Library (VBPL) will expand services by adding limited in-person visits at all locations except at the Windsor Woods Area Library, which remains closed for renovation. Customers will be able to come into the buildings to browse and check out materials as well as access computers, printers and internet, and other services.

Safety Measures

- Face coverings are required.
- A limited number of customers may be admitted at a time, based on each branch's size, to ensure proper social distancing.
- Customers are asked to keep visits to one hour to maximize library access for all residents.
- Some spaces and furnishings may be unavailable, including the children's rooms at Kempsville, Princess Anne and the TCC/City Joint-Use Library.

Branch hours vary by location; visit www.VBgov.com/locations-hours for details.

Digital Resources & Programs

Digital options, including e-books, music, magazines, movies and more are available at www.VBgov.com/digital-library. Virtual programs for all ages are also available at www.VBgov.com/library-events.

About Virginia Beach Public Library

Virginia Beach Public Library includes a central library, a joint-use library in partnership with Tidewater Community College, seven area libraries and a public law library. Services include workforce development and job-search support, small business resources, computer and technology classes, early literacy classes and outreach, and local history archives and

programs. In addition to books, music, magazines and movies in tangible and digital formats, the library provides online research tools accessible from home or work, and a variety of specialty collections.

Visit www.VBgov.com/libraries for more information.

Volunteer Appreciation

If these were normal times, we would be inviting all of our dedicated volunteers to our annual Volunteer Appreciation Luncheon at the end of April. Since we will not be having that event due to the pandemic, we will simply say thank you to all of those who support the Senior Resource Center by donating hours of volunteer time. We look forward to once again having volunteers man the "duty desk" to welcome guests as well as all those who provide our varied activities, serve on the Board, process our monthly newsletter, etc. When we reopen, we will certainly need you to step up to the plate and help us get back to whatever the new normal will be. Thanks for all that you do for us.

Food for Thought

Choices

By Tom Krause

Some people sit - some people try.
Some people laugh - some people cry

Some people will - some people won't.
Some people do - some people don't.

Some people believe and develop a plan.
Some people doubt - never think that they can.

Some people face hurdles and give it their best.
Some people back down – when faced with a test.

Some people complain of their miserable lot.
Some people are thankful for all that they've got.

And when it's all over – when it comes to an end
Some people lose out and some people win.

We all have a choice – we all have a say.
We are spectators in life – or we get in and play.

Whatever we choose – how we handle life's game,
The choices are ours – no one else is to blame.



Your mind is a garden
Your thoughts are the seeds
You can grow flowers
Or you can grow weeds



The best way to get the last word is to apologize.



Live in love, not hate.
Live in hope, not anger.
Live in truth, not rumor.
Live in kindness, not rudeness.
Live in generosity, not selfishness.
Live in peace, not in frustration.
Live in joy, not doubt.
Live in movement, not fear.
Live in love.

Chuckles to Cheer You

The biggest test of my patience throughout this entire pandemic has been opening a plastic produce bag without licking my fingers!

Irish Philosophy

There are only two things to worry about—
either you are well or you are sick.

If you are well, then there is nothing to worry about.

If you are sick, there are two things to worry about—

Either you will get well or you will die.

If you get well, there is nothing to worry about.

If you die, there are two things to worry about—

Either you will go to heaven or to hell.

If you go to heaven, there is nothing to worry about—

But if you go to hell, you'll be so busy shaking hands with your friends,

You won't have time to worry!

Of course I believe in the here-after---every time I walk into the kitchen I think -now I'm here, what am I here after?

Sure I do volunteer work... I volunteer my opinion every single day!

They say we can have gatherings with up to 10 people without issues. I don't even know 10 people without issues!

People are angry about not being able to go places. PLEASE! I was grounded about 90% of the time between 7th and 12th grade. I trained for this!

During the Middle Ages they celebrated the end of the Plague with wine and orgies. Does anyone know if they have anything like that planned when this one ends?

Have we tried throwing a politician into a volcano to appease the virus?

I got a job at the bakery because I kneaded dough.

Velcro – what a rip off!

Broken pencils are pointless!

I didn't like my beard at first. Then it grew on me.

Combatting the Epidemic of Loneliness in Seniors

By Anne-Marie Botek (AgingCare.com)

Age brings many difficult changes that contribute to a more solitary life. One of the biggest issues for seniors is that their social circles begin to shrink as the years go by. Friends, significant others and family members move away or pass away. Even those who still live close by may be inaccessible due to limited mobility, especially once a senior can no longer drive safely. Age-related changes in one's physical condition, such as hearing loss and low vision, can make it so difficult to communicate that it doesn't seem worth the effort anymore.

Embarrassment can be a factor as well. Many older adults who suffer from incontinence, are on oxygen therapy or need to use a mobility aid to get around not only face logistical obstacles when it comes to leaving the house, but they must also overcome feeling self-conscious about these "obvious" signs of aging.

It is trying enough for a senior to maintain healthy relationships despite these challenges, but when one's entire peer group is experiencing any combination of these factors, it can be difficult if not impossible to get together or keep in touch on a regular basis. Sadly, many seniors experience a decline in the number and quality of their relationships as they age, whether it is self-imposed or due to outside forces.

The Consequences of Loneliness

In addition to the damaging mental effects of feeling that one lacks fulfilling personal relationships, feeling lonely can also take a toll on one's physical health. A University of California, San Francisco (UCSF) study found that participants 60 years old and older who reported feeling lonely saw a 45 percent increase in their risk of death. Isolated survey respondents also had a 59 percent greater risk of mental and physical decline than their more social counterparts. This decline manifested specifically in participants' abilities to perform activities of daily living (ADLs), the six basic tasks that are necessary for truly independent living. In other words, loneliness has the potential to accelerate a senior's need for assistance from a family caregiver or another source of long-term care.

Loneliness is thought to act on the body in a way that is similar to chronic stress. It raises the levels of stress hormones like cortisol in the body, which impairs immune responses and contributes to inflammation, mental illness and conditions like heart disease and diabetes. Another study published in the Journal of the American Medical Association Psychiatry even found that loneliness may be associated with the development of brain biomarkers associated with preclinical Alzheimer's disease.

Lastly, psychologists from the University of Chicago analyzed data from an ongoing multi-generational cardiovascular study that began in 1948 and discovered another remarkable characteristic of loneliness: It is contagious. Older adults who feel lonesome

are more prone to behave in ways that may cause other people to not want to be around them. Researchers found that solitary seniors have a tendency to further isolate themselves by pushing people away and not making efforts to engage with others. Furthermore, the few people that lonely seniors interact with are likely to become lonely themselves and follow the same path to the outskirts of their social networks. This has serious implications on the health and social lives of family members who are caring for lonely seniors.

Ways to Alleviate Loneliness

- Listen and observe. “We often don’t listen enough to the people we love,” laments Tina Tessina, PhD, psychotherapist and author of *The Ten Smartest Decisions a Woman Can Make After Forty*. According to Tessina, “Saying ‘tell me more’ is a gift you can give from your heart.” Encouraging them to express themselves can help you discover what interests and passions lay dormant, just waiting to be rekindled.
- Do your best to help them discover ways to adapt these hobbies or find new pastimes altogether.
- Develop a strategy to defeat seclusion. Once you know what your loved one enjoys doing, you can use this information to develop a personalized loneliness eradication plan. Sometimes our elders just need a creative push to step outside their comfort zone.
- Let them teach you. Caregivers can connect with their loved ones by allowing them to pass some hard-earned knowledge

on to you. This not only has the potential to be a great bonding experience, but it can also help restore a bit of balance to the child-parent dynamic that may have been lost once caregiving began.

- Bridge the generation gap. Caregivers can play a vital role in fostering a relationship between a senior and their youngest relatives. Seniors have the potential to contribute a lot to their families if they are allowed to remain engaged. Research has shown that an unengaged elderly adult will interact with other people.
- It’s the thought that counts. Another piece of advice from the pros is to urge other family members to reach out to an elderly loved one. Something as simple as sending a card, sharing a favorite meal, or calling for 30 minutes a couple times a week can go a long way to making a senior feel loved and connected to the rest of the family.

Our Mission Statement

The Senior Resource Center aims to provide residents in Southern Virginia Beach educational seminars, physical activities and social interaction needed to live their lives to the fullest. This is a collaborative effort with the City of Virginia Beach.

The Senior Resource Center is a 501 (c) (3) corporation, incorporated in the Commonwealth of VA. Contributions to the SRC are tax deductible.

Responsibility and Oversight

President

Johnnie Williams 470-7186

Vice President

Sharon Prescott 630-2660

Treasurer

Pat Jenkins 618-5304

Hours of Operation

Monday – Friday, 9:00 AM – 4:00 PM

During inclement weather, The SRC operates on the local school schedule.

Councilwoman

Barbara Henley 426-7501
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Newsletter

Anne Bright 426-7832
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Tom Shearer 426-7831



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