

Creeds Elementary School Chorus and Tree Decorating Wednesday, Dec. 6 2:00 pm

This annual visit by the kids next door has become a wonderful tradition. They bring beautiful handmade decorations for our Christmas tree and serenade us with their beautiful voices. We'd love to see many of our "members" at SRC to welcome these sweet students. We ask you to bring cookies and to omit any nuts or cinnamon. We will provide hot chocolate. This special event will be sure to brighten your day and bring you holiday spirit.



Fa La La

Join us for a
Traditional Christmas Gala
Friday afternoon, December 8, 2017
1:00-3:00 p.m.

Several musicians will treat you
With holiday selections interspersed
With selected Christmas readings.
Meet, greet and chat with friends over
A bountiful finger food/ dessert buffet.
Hostess: June Klag



Whitehurst-Buffington House Foundation

You are cordially invited to the Whitehurst-Buffington Open House on Sunday, December 10th from 1 to 4 p.m. Jim Oglesby will have a collection of Open Salts on display. The house will be decked out in greenery. Light refreshments will be served. A donation is requested.

Angel Tree Gift Collection Wednesday, Dec. 13

The 13th of December is the final deadline for you to return your wrapped gifts if you chose a tag from our angel tree. If you are not able to wrap the presents, we can do so. We will be delivering them to Creeds Elementary School so they can be given to the families in need. Since we had fewer families to cover this year, if you were not able to take a tag, you can instead donate school supplies for the needy students.

We are now collecting as an on-going project: Ear buds (mini headphones that plug into kids' devices that they use in school); large glue sticks; #2 pencils; dry erase markers (black or blue); kid's socks.



Chinese Gift Exchange Monday, Dec. 18 11:00 am

Wonder what a Chinese gift exchange is? It's a lot of fun and a twist on regular gift giving. Bring a wrapped gift (value \$10 or less) and be prepared to do some swapping. Each participant will pick a number out of the bag and #1 will have his/her pick of all the gifts. #2 can choose another wrapped gift or can choose to take the gift already opened by #1. And the fun continues as each person gets to play. Hopefully no one will come to blows and everyone go home happy. It's much more fun when a good number of folks join in, so join the party. Please bring finger foods to share.

**A VERY MERRY
CHRISTMAS
and Happy New Year!**

Adult Story Time

Tuesday, Dec. 19 10:30 am - 12:00 pm

As Christmas approaches, let's gather to enjoy some old and new Christmas stories with Peggy Jebavy from Pungo-Blackwater library.

Christmas Day Gathering

Sunday, Dec 25 12 noon - 3:00 pm

No need for anyone to stay home alone on Christmas Day. Join us for our annual get together that will include a pot luck lunch, Christmas carols and games. Bring a dish to share and enjoy the holiday spirit and the company of others at the Center. Stay awhile and join us in board games, dominoes, cards, or bring a game you enjoy.



New Year's Eve Celebration

Sunday, Dec. 31 2:00 pm - 4:00 pm

You don't need to stay up till midnight to see the ball drop—come to the SRC for an early celebration of the New Year. There will be entertainment. Bring nibbles to share—drinks will be provided.

Final Medicare Reenrollment Date Dec. 7th

Don't forget that the deadline to make changes with your Medicare and drug prescription coverage is Dec. 7th.

File of Life Packets

These free packets are available at the Center. You fill out the enclosed information card and then store it in a magnetic red envelope on your refrigerator. You also get a decal to put in your window to alert rescue squad members to look for the packet. The insert provides information about your doctor, your medications, your insurance, etc.

Starting the Conversation

If you plan to spend time with your adult children over the holidays, that might be the perfect time to sit down and talk to them openly and honestly about how you hope to spend your future years and what kind of care you want or don't want. It might be the last thing you'd want to consider talking about, but if all your family is visiting, it's an opportune time to talk. Of course, that means you have to think about things before that family powwow. We all should be spending some time not only considering future plans, but maybe actually making some firm plans and taking action.

Aging parents as well as their adult children are most likely not anxious or looking forward to having conversations about the "what ifs" we face as we age. But it is much better to have such talks when the older folks are healthy and independent and can state their wishes and preferences. If these conversations don't take place early on, families will be forced to scramble when a crisis occurs and no one knows what mom or dad wants. Elderly parents may be more willing to discuss these issues than their adult children.

Issues to consider:

- What do the older folks want to do/where do they see themselves living as they age and their needs change? Do they have a "Plan B"? Is their goal to remain in their home?

What kind of help may they need in the future? What could be done in the home to make it safer, more accessible?

- What is their financial status? Do they receive pensions, Social Security, annuities and what are the amounts? Do they have savings, stocks, etc.? Do they have assets to cover outside help or facility placement? Do you all have a rough idea of what those resources cost? Have they executed a financial Power of Attorney and do they have an up-to-date will?
- Who are their doctors (including specialists)? What drugs are they taking? Have they executed a medical Power of Attorney, Advance Directive (Living Will), DNR (Do Not Resuscitate)?
- What are their end-of-life wishes? Ask what matters most when they near the end of life. These choices can be reflected in the Advance Directive. Do they want every effort taken to keep them alive or do they want comfort measures only? Would they want hospice services if they were terminally ill? Do they want burial or cremation?
- Where are their important papers located? Help them list important data, including Social Security numbers, bank and investment account information. Where are deeds and titles stored? How are their utility bills paid and what are their account numbers? Do the adult children who have been named as agents in Power of Attorney documents or executors of the wills have copies of those documents? If the parents have online accounts, do they have a list of passwords?
- Are they still able to safely drive? Do they need to find alternative transportation methods? Do the keys already need to be hidden or a car removed?

- Remember these discussions center on what the older folks want, not what the adult kids want.

It may be challenging to begin this kind of conversation, but some adult kids find that they can introduce the subject by using themselves as an example: “My husband and I just saw an attorney and did Power of Attorney documents and we feel good knowing that things are in place.” Or say “We love you so much we want to make sure we can follow your wishes so we need to talk about what you would want.” The biggest gift elderly parents can give their children is the peace of mind in knowing all the pertinent facts about the parents’ estate and having a clear picture of what their folks want as they age. If you haven’t considered any of these important issues or signed any of the necessary documents, it may be time you decide to act.

Donations

Juanita M. Swoope in memory of Tony David Swoope, Sr.
 Beth Swanner in memory of her loved ones in heaven who are now her angels
 Paul and Judith Brumley in memory of Marvin Etheridge and Family and Jimmy Etheridge and Family
 Anonymous in honor of Helen Lane
 Garland Eaton in memory of Jimmy Etheridge and in honor of the Senior Resource Center

Change in Board Officer

SRC’s Board of Directors said farewell to their illustrious treasurer, Mrs. Gerry Stillman, who will retire from her post of 3 years at the end of December. Gerry has done a wonderful job for the Center and we appreciate her hard work very much. We are fortunate that another member of SRC, Mrs. Pat Jenkins, will become our new treasurer. Pat recently retired from teaching at the Adult Learning Center and she



is a computer whiz. We welcome Pat to our Board.



Ten Tips For Ensuring Medication Safety

by Seymour Ehrenpreis, Ph.D,
Eli D. Ehrenpreis, M.D. October 24, 2017

People over the age of 65 represent 14% of the US population but consume more than one-third of prescription medications. The average senior citizen uses more than five different medications each day. This does not count nonprescription, over-the-counter drugs. As many as 90% of seniors also use herbal remedies and vitamins. While there is risk associated with each type of medication - including side effects, allergic reactions or interactions with food, alcohol or other drugs - the risk is magnified in seniors as they are typically more sensitive to these effects.

Well known practitioners and educators in clinical pharmacology and internal medicines, maintain that it is imperative that caregivers educate themselves about the proper use of medications:

From avoiding the risk of interactions, to understanding and following instructions for storage and dosing, the following suggestions may help to ensure safe and effective use of medications:

- 1.** Be familiar with the dosage instructions - including whether a drug should be taken with food, with milk or other fluids or on an empty stomach. Not following the dosage instructions can result in a medication being less effective or causing complications. It is also important to note that in most medicines recommended dosages are determined using trials with a younger population. In many instances, seniors may require a different dosage.
- 2.** Familiarize yourself with circumstances under which the medicine should not be taken - including a history of allergic reactions, existing conditions, etc. This is particularly true for the elderly who generally have a number of medical conditions which younger adults do not have.
- 3.** Understand the storage instructions and follow them. Because of moisture and heat, it is sometimes best not to store medicines in the bathroom.
- 4.** Be aware that there may be warnings to avoid heat, cold or sun when taking a medication. Some medications may cause great sensitivity to sunlight resulting in severe sunburn or skin eruptions which can be dangerous. In addition, it may be necessary to avoid excessive heat or cold when taking certain prescription medications. In such cases, saunas, whirlpools and even exercise in the heat of the day should be greatly limited or avoided completely. It should be noted that seniors are particularly vulnerable to extremes of heat and cold.
- 5.** Be aware of instructions about avoiding particular foods and/or alcohol. Particular foods and beverages may be off-limits when taking certain medications. Grapefruit juice, a favorite among seniors, for instance, can interact with a number of medications and render them ineffective. It is equally important to find out if dietary supplements may be required when taking a particular drug. Some medications may deplete the body of nutrients. Consequently, a patient's diet may need to be adjusted accordingly.
- 6.** Understand what possible side effects may occur and watch for them. Be particularly mindful of reactions or symptoms that should be reported to a doctor immediately. It is important to note that medicines often affect senior citizens differently than younger adults. What may be an innocuous reaction in a younger person may in fact be much more serious for a senior. Be vigilant about educating yourself on possible drug-related reactions and

be especially vigilant about knowing which may require immediate medical attention.

7. Be certain to learn whether there are specific over-the-counter medications that should be used with caution or avoided altogether when taken along with prescription drugs. Too often, many may assume that over-the-counter medications are "safe" simply because they are widely available and accessible. It is not always recognized that some over-the-counter drugs may actually weaken and impede a particular prescription drug's effectiveness. Common antacids, for example, have the potential to minimize the effectiveness of a number of important drugs - in particular certain antibiotics - and the combination should be either avoided or taken only after consultation with the treating physician or a pharmacist.

8. Understand the risk associated with taking any herbal supplements in conjunction with medications. Similar to over-the-counter medications, many assume that herbals are completely "safe". Using herbs to treat specific medical conditions has become increasingly widespread in the not-so-distant past. Unfortunately, many physicians and pharmacists are unaware of interactions or complications that herbals can cause. Interactions with herbals can reduce effectiveness of medications in a number of cases, but in some instances herbals can actually increase the toxicity of a medication. Consequently, it is imperative to proceed with extreme caution and be educated about the potential for problems.

9. Familiarize yourself with what to do in the event of a missed dose. There are instances where simply taking the medication at the next opportunity is not recommended. Doubling of the dose to make up for a missed dose could be very dangerous. Such problems are compounded for seniors who are taking several different drugs during the day at different dosing schedules. The best way to avoid these problems is to keep a diary.

10. Learn how to discontinue the use of a drug. In some instances, stopping the dosage abruptly can have severe consequences, particularly when they are used daily over a long period of time.

Golden Rules for Living

If you open it, close it.
 If you turn it on, turn it off.
 If you unlock it, lock it up.
 If you break it, admit it.
 If you can't fix it, call in someone who can.
 If you borrow it, return it.
 If you value it, take care of it.
 If you make a mess clean it up.
 If you move it, put it back.
 If it belongs to someone else and you want to use it, get permission.
 If you don't know how to operate it, leave it alone.
 If it's none of your business, don't ask questions.
 If it isn't broke, don't fix it.
 If it will brighten someone's day, say it.
 If it will tarnish someone's reputation, keep it to yourself.
 Although the author of this is unknown, it's good advice for all of us, no matter our age.

SRC Mission

The Senior Resource Center, Inc. is a 501 (c) (3) volunteer organization designed to help older, rural residents remain safely in their homes by providing in-home and community services; to furnish a gathering place for local seniors for socialization and education. It is a collaborative effort with the City of Virginia Beach.

Responsibility and Oversight

President

Johnnie Williams 470-7186

Councilwoman

Barbara Henley 426-7501

City Liaison

Shari Wilson
385-2175, Tue & Fri

Hours of Operation

Monday – Friday, 9:00 AM - 4:00 PM

During Inclement Weather the SRC operates on the local School Schedule



Newsletter

Anne Bright 426-7832

Newsletter Layout

Tom Shearer 426-7831

To remove your name from the newsletter mailing list, call 757-385-2175. View the full newsletter on line at www.vbsrc.com and help save printing and postage.



December 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Houston S.)	
3	4	5	6	7	8	9
	1:00 Dominoes	1:00 Bingo/ Cards	1:00 Cards 2:00 Tree Decorations and Christmas Carols By Creeds Elementary School - we want cookie donations (without Nuts or Cinnamon) for the kids visit.	8:30 Board Meeting 9:30 Exercise (PR Rita J.) Line Dance Class Beginning 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Houston S.) 1:00 - 3:00 Fa La La Gala (PR June Klag)	10:00 -12:00 Crafters (PR Pat Jenkins)
10	11	12	13	14	15	16
	1:00 Bingo/ Cards	1:00 Bingo/ Cards	1:00 History 1:00 Cards 2:00 PM Photography (PR Sharon Prescott) Angel Tree Gifts are due at the SRC	NO Exercise Line Dance Class Beginning 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Houston S.)	6:30 - 9:00 pm Game Night (PR Jo-Anne R.)
17	18	19	20	21	22	23
	11:00 Chinese Gift Swap (Bring finger foods to share) (PR Barbara W) 1:00 Dominoes 	9:30 Blood Pressure Testing 10:30 - 12:00 Adult Story Time (PR Peggy J.) 1:00 Bingo/ Cards	1:00 Cards 1/2 Day for Creeds School Students	9:30 Exercise (PR Rita J.) NO Line Dance Class 1:00 - 3:00 pm Kathleen Redmond-Rep. Scott Taylor's Caseworker	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Houston S.)	
24	25	26	27	28	29	30
	12:00 - 3:00 Christmas Day Gathering/Pot Luck (PR Rita T.)	1:00 Bingo/ Cards	1:00 Cards 1:00 History	NO Exercise NO Line Dance Class	9:30 Yoga (PR Linda T.)	
New Year's Eve 31	NEW Years Day 1st	Notes:				
2:00 - 4:00 PM New Year's Eve Party (PR Barbara H.) 	11:30 SRC will be open for Parents and Grandparents whose children are still recuperating from New Years Eve (PR Carol T.) 12:00 Eat Traditional Food Pot Luck Lunch					