

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – DECEMBER 2020

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 facebook: <https://www.facebook.com/VirginiaBeachSeniorResourceCenter>

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.

Status of SRC's Reopening

Several of us met with three representatives from the Virginia Beach Department of Human Services on Oct. 30 to discuss the reopening of the Senior Resource Center. We will be having additional meetings in the near future. There are so many protocols and processes we will need to put into place to open safely, so we do not expect to have any events at SRC through the end of this year. We know many of you are itching to resume your favorite activities, but we have to be sure we have the ok from the City of Virginia Beach before we can open our doors again. Thanks for your patience.

HAPPY CHRISTMAS



2020

We have a simple solution--- if you would like to participate. CES will gladly accept gift cards from Walmart or Target. These gift cards will not be given directly to families, but instead CES staff will shop for their kids, using your gift cards. With ongoing unemployment, illness and stress, the parents of these students could really use our help. It may not be as fun for you as picking out a toy or an outfit for a particular student, but it will provide goodies for their holiday.

You can stop by Creeds Elementary School any weekday between 9 a.m. and 3 p.m. to drop off your gift card. It may not be as secure if you choose to mail it, but if you need to mail it, the school's address is 920 Princess Anne Rd., VB 23457. No matter how you deliver your donation, put a note with it to let the staff know it's for the Angle Tree.

Please don't try to leave your gift card at SRC as no volunteers are on duty.

The school will be closed November 11, Nov. 26 and Nov. 27. It would be helpful if you can get your gifts cards to the school by Dec. 4, so that they will have ample time to do their shopping.

The Senior Resource Center has been so generous in past years with our Angel Tree gifts, and we hope you will agree to support this project again this year. CES thanks you in advance for your donations.



CREEDS ELEMENTARY SCHOOL ANGEL TREE

Due to Covid-19, Senior Resource Center cannot provide wrapped holiday gifts for needy CES students. We know many of you truly love to shop and wrap holiday presents for the students, but the pandemic prevents us from doing things like we did in past years.

Coping with Covid-19: Managing Stress and Anxiety

It's hard to escape news updates about coronavirus disease (COVID-19). The constant headlines may make some people anxious. In particular, older adults, people with chronic health conditions, and caregivers are likely to be at higher risk for increased stress and anxiety, since they face a higher risk of illness if they contract the virus.

According to the Centers for Disease Control and Prevention (CDC), here's what stress during an infectious disease outbreak can look like:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleeping or eating habits
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

You may not be able to control the virus, but you can help control your emotional reaction to it. Here are some smart strategies from the CDC to help you manage your anxiety:

Take breaks from watching, reading, or listening to news stories, including on social media. Hearing about the pandemic over and over can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate.



Eat healthy, well-balanced meals.

Exercise regularly. For older adults, the CDC recommends aiming for **150 minutes a week** of moderate intensity activity such as brisk walking. Do walk outside on nice days but avoid crowded places and make sure to maintain a six-foot distance between you and others. Wash your hands when you get home.

Get plenty of sleep.

Relax by doing activities you enjoy. Try crossword or jigsaw puzzles, get outside and garden if you can, cook healthy meals and freeze some for later, and seek out TV shows to watch that give you pleasure. Explore your library's online offerings.

LOVE YOURSELF
More.

Connect with others. You may not be able to socialize in person for a while, but many older adults are turning to video chat options such as FaceTime visits on their smartphone, Skype calls, and Zoom calls. These virtual visits are the next best thing to spending time in person with friends and family.

Find virtual support. If you already have issues with your mental health or substance use, you may find it even harder to cope right now. Many in-person groups are holding online meetings to provide each other with mutual support:

- Alcoholics Anonymous
- SMART Recovery (for any substance use or addictive behavior)
- Depression and Bipolar Support Alliance (DBSA) (for any mental health condition)
- Anxiety and Depression Association of America (ADAA) (for any mental health condition)

If your stress reactions are interfering with your life for 2 weeks in a row or longer, call your healthcare provider.

If you or someone you love is feeling overwhelmed with sadness, depression, or anxiety, or if you feel you want to harm yourself or others, call:

- 911
- Substance Abuse and Mental Health Services Administration Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517).

From healthinaging.org, an online resource provided by the American Geriatrics Society Health in Aging Foundation 9/11/202



Preparing for Your Own Mortality

A recent article in the Virginian Pilot (Nov. 8, 2020) by Terry Savage suggested that while we are at home and have more time on our hands than usual, we might use the time to take care of some items that can lessen the burden if we are faced with death of our loved ones or ourselves. These are things we've been told time and time again, but most of us don't like to think about mortality and we put them off, leaving a burden for someone else to handle when we are gone. We can "consider these steps as investments in peace of mind," says Ms. Savage. She offers her website, www.TerrySavage.com, as a link to a personal financial organizer for you or your loved ones if you are unable to communicate, and it will also remind us of things that we haven't done.

You will need to make available to whoever will be handling your affairs a list of your finances, your banking and investment accounts, and

your insurance policies, as well as the location of your will. If you have a safety deposit box, tell someone where it is as well as giving phone numbers for your attorney, accountant, financial adviser and insurance agent. You should also make a list of your credit card numbers and the toll-free numbers to call.

This financial examination is also a good time to check the beneficiaries you had listed on your accounts to make sure they are up-to-date. You don't need an attorney to make changes on things such as insurance or retirement accounts. Simply contact the company and ask for a "change of beneficiary" form to be sent to you and then update it.



You need to have a healthcare power of attorney and a living will. These documents are NOT the same. The healthcare power of attorney authorizes someone of your choice to make decisions about your healthcare if you are unable to do it while the living will gives your wishes about prolonging life when all reasonable forms of treatment have been unsuccessful. Oftentimes, you can get these forms from a doctor's office or from your state of residence and they do not require an attorney. (We have offered these forms at SRC on numerous occasions.) It is a good idea to give your primary doctor a copy of each as well as including them in your financial evaluation packet.

This is also a good time to update or reassess your will. You do need an attorney for these actions. Local bar associations can recommend estate planners or your bank's trust department may be a source of help.

Get everything organized and tell someone you trust where all of this information is located. Your most recent tax returns, the deed to your home, the title to your car, your insurance policies, your IRA and investment statements all will be need by someone trying to handle your affairs when you no longer can. Do you have a pre-paid funeral policy or a deed to a cemetery plot? Don't leave it to a grieving relative to have to hunt for this information. Get a file box of some sort and several folders for storing your information together in one spot. The TELL YOUR SPOUSE OR ADULT CHILD WHERE IT IS! Don't make anyone have to hunt for the information.

While we usually look forward to celebrating the holiday season with family and friends and it may seem morbid to be thinking of these subjects at this time, what better way to bring peace of mind as we try to struggle through the uncertainties of this pandemic.

Reenrollment deadline date Dec. 7

Don't forget that the deadline to change your Medicare coverage is fast approaching. If you aren't happy with the plan you now have and your 2021 premiums are going up too much, be sure to check out what else is available. If you need help figuring out what to do, call Bonnie Dozier at Senior Services of Southeastern Virginia at 222-4524.



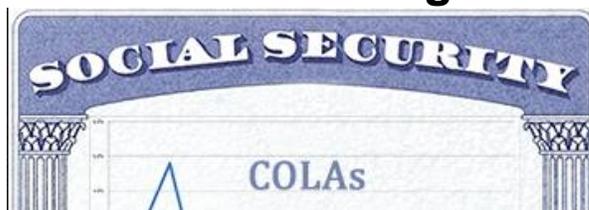
Farmers Market Friday Hoedowns

For those of you who are used to seeing the band schedule for Hoedowns, unfortunately they will not be held due to the Covid pandemic.

Congratulations to Erin Sutton

Many of you know her name—she was the Director of Emergency Management for the City of Virginia Beach. She has gotten an incredible promotion and is now the Deputy Director of Emergency Management for the State of Virginia!!! We will miss her at SRC, as she was a strong supporter of our Emergency Preparedness Project and was always interested in our efforts. We wish her the very best of luck in her new position.

2021 Cost-of-Living Increase



Those of you who receive Social Security benefits will receive a modest increase of 1.3% as of January, 2021. While that may not amount to much, considering the economic downturn during Covid-19 we should be thankful we got anything. That COLA raise will amount to about \$20 more a month for the average retired worker. Don't spend it all in one place!!

Medicare Part B standard premium for 2021 will increase by \$3.90 a month, to \$148.50.

My Grown-Up Christmas List

No more lives torn apart
 That war would never start
 And time will heal all hearts
 And everyone would have a friend
 And right would always win
 And love would never end...
 Tis is my grown-up Christmas list
(from song sung by Kelly Clarkson and written by David Foster- see full lyrics on You Tube.



Food for Thought

The world is changed by your example, not by your opinion.

The truth is, some days I don't give it my best. I don't even give it my all. I can only manage to give it my some, and it's not even that great. But I'm still here and I'm trying, so that's gotta count for something, right?
By Nanu Hoffman

Forgive yourself for not knowing what you didn't know before you learned it.
Maya Angelou.

In the end, only kindness matters.



Caregiver Support Group

The monthly caregiver support group facilitated by Nancy Allan has resumed meeting at Nimmo United Methodist Church. It meets the third Friday of every month starting at 12 noon in the social hall of the church. Due to Covid-19, attendees are required to wear a mask and to social distance. If you are a caregiver to an elderly loved one, please join us to gain support, encouragement, information and fellowship. Call Nancy at 422-1292 if you have questions.

Chuckles for Today

"I'm 84 and my body is full of aches and pain," says Bob.
 "Well, I'm 85 and I feel like a newborn baby" replies Bill.
 "Really?" asks Bob.
 "Yep! No teeth, no hair, and I just et my pants," answers Bill.

I have trouble with four letter words...
 Cook,
 Wash,
 Iron &
 Dust!

The Senility Prayer
 Grant me the senility to forget the people I never liked anyway,
 The good fortune to run into the ones I do, and the eyesight to tell the difference!



Donations

Helen Lane to be use as needed

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

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|---|--|
| <p>President Johnnie Williams 470-7186</p> <p>Vice President Sharon Prescott 630-2660</p> <p>Treasurer Pat Jenkins 618-5304</p> | <p>Hours of Operation Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p> |
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SENIOR RESOURCE CENTER

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



2020 December

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--------|---------|-----------|---------------------------------|----------------------|---------------|--------|--|
| 30 | 01 | 02 | 03 | 04 | 05 | 06 | |
| 07 | 08 | 09 | 10 | 11 Hanukkah | 12 | 13 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 21 | 22 | 23 | 24 Christmas Eve | 25 Christmas Day | 26 Kwanzaa | 27 | |
| 28 | 29 | 30 | 31 2020 GOOD RIDDANCE! | 01 Happy New Year | 02 | 03 | |
| 04 | 05 | Notes: | | | | | |