

First Responders Annual Appreciation Luncheon Wednesday, Feb. 7 11:00am-1:00 pm

Join us in showing our gratitude for all that our firemen, police and rescue squad personnel do to keep us safe. Our menu is already fixed this year, so we ask that you bring **ONLY** desserts in portions large enough to share with our special guests. We'll be having ham, cabbage, potatoes, stewed tomatoes and cornbread. If you have attended this event in previous years, you know that the first responders visit in shifts, so we hope you will stay to make them all feel welcome. And, of course, you must plan to eat with us!



Game Time Saturday, Feb. 3 1:30-4:00 pm Friday, Feb. 17 6:30-9:00 pm

Choose daytime or evening sessions and enjoy getting out of the house and playing games with new and old friends. Since we had to cancel the January daytime session due to weather, we'll be trying again on Saturday, Feb. 3rd.

Shutterbugs Photography Class

Tuesday, Feb. 13 2:00 pm

Bring your phone or camera and get tips from Sharon Prescott.

♥ Happy Valentines Day ♥

Antiques Roadshow Wednesday, Feb. 14 10:00 am



Join resident-expert Jim Oglesby in evaluating the "stuff" you've been collecting over the years. Please bring no more than 3 pieces for his evaluation.

JOY Group Blood Pressure Check Tuesday, Feb.20 9:30 am Meeting 10:00 am

The speaker for the Joy Group meeting will be Blake Morris talking about Senior Driving Solutions. This organization is an affiliate of keepingussafe.com, and they offer practical, real-life solutions for aging drivers and their families. Pot luck lunch will follow, so please bring a dish to share. This presentation was postponed from January.



Adult Story Time

with Librarian Peggy Jebavy
Tuesday, Feb. 27 10:30 am-12:00 pm

Due to Peggy's work schedule at the library, she will be able to do only one Storytime per month in the future.

Five Winter Tips for Staying Active During the Winter

The winter months can be hard to navigate for older active adults. The cold weather and not-so-safe conditions outside all contribute to higher levels of depression during the winter months. It is important to encourage and engage in activities during the winter months that promote overall well-being. Below are some ideas that are safe, fun, creative, and will help keep spirits bright!

Tip #1 – Work on a Jigsaw Puzzle.

Puzzles encourage brain activity and can be a fun activity spread over several days and nights. They can be done alone or as a family. Puzzles can even be personalized with your loved one's favorite pictures, etc.



Tip #2 – Craft together.

Crafts make wonderful gifts, not just during the holidays, but for anytime during the year. Quilting, crocheting, making flower arrangements, painting, etc. all keep the mind busy, can be done over several days, and at the end you have a gift for a special person in your life.



Tip #3 – Create a winter workout regime.

Going to the gym or track is not the only way to “get in” your daily exercise. Come up with a fun, safe indoor routine. Implement chair yoga, arm curls with cans, and intermittent walks around the house. Dedicated daily movement keeps the blood flowing, gets the heart rate up; as well as endorphins.



Tip #4 – Be a blessing toward others.

Focusing on others can be a nice distraction when the winter boredom creeps in. Use this time to make blessing bags for those less fortunate in your area. When we focus on other's needs over our own we create a heart of gratitude. Blessing bags can include socks, crossword puzzles, lotion, small toiletries, and small snacks. They can be donated to your local shelters, churches, etc.



Tip #5 – Engage with your family

Schedule weekly video chats with your family members. Smart phones and video teleconferencing websites allow us to stay more connected than ever. If you are not into current technology, just use your telephone to stay in touch with family and friends. Don't wait for them to call you. Staying connected helps combat the winter blues!



from Virginia Navigator

Backup Plans for Couples

Are you part of twosome in which one of you could be considered the caregiver? Does your mate need some level of help/care due to physical or mental health impairments? Have you ever considered what you would do if you were no longer able to perform those caregiving duties and responsibilities? Oftentimes the “well” spouse does such a good job managing all the caregiving duties that other family members (usually adult children or siblings of either spouse) have absolutely no idea how much help is being provided to the dependent spouse. But if the caregiving spouse has a medical emergency and ends up in the hospital

unexpectedly, the spouse left behind at home may be in dire need of a substitute caregiver. Or, in the worst-case scenario, the well spouse may die from a sudden stroke, etc. If other family members do not live locally and are not aware of basic information about the couple's finances, medical conditions and doctors, medications, legal documents, insurance, etc., it can be extremely difficult for anyone else to step in as substitute caregiver.

Caregivers often neglect their own physical and mental health and may experience depression as well. The focus is on the needs of the ill or disabled partner and the caregiver's needs often are overlooked. The well spouse may attempt to cover up the real situation in order to not worry other family members or to protect their own privacy. In order to avoid the chaos an unexpected illness or death of a caregiver, families need to have that conversation (as described in our January newsletter) and make backup plans. Most of us would prefer to ignore potential problems that may arise, but in the case of caregiving, pre-planning can make all the difference.

Adapted from Backup Plans, Neurology Now Oct./Nov. 2017

Helping Seniors Beat the Winter Blues



If you struggle with the “winter blues” you know how difficult it can be to make it through the holiday season. Although winter brings cheerful, festive holidays, it also

means less sunlight, shorter days and colder weather. This can result in a lack of exercise, more sleep, less interest in activities, social withdrawal, unhealthy eating and a general sense of feeling down.

Medically termed seasonal affective disorder (SAD), the condition can happen at the onset of any season. However, winter depression or winter blues are the most common. What happens to a person's mood when they lack exposure to daylight creates a domino effect. Serotonin and melatonin levels both drop significantly which causes major changes in sleep and mood—two critical components to overall health and wellness.

Seniors are especially vulnerable to winter-onset SAD. Since they are generally less active, capable and independent it can be a particularly challenging time of year to get through. When you add cold winter weather to the mix, it only makes matters worse. The result is a senior that feels lonely, isolated and depressed.



Fortunately, there are activities to help seniors battle the winter blues. Whether you're a loved one or caregiver, here are some ideas that might help...

Get enough exercise. Cold temperatures and winter weather can sometimes make it challenging to get outside. Shopping malls are a great place to get out of the house and get moving.

Eat healthily. Winter may put us into hibernation mode which causes us to reach

for the comfort foods and sweets. Find low-calorie alternatives like soups, stews, vegetables and hot teas.

Maintain social interaction. Make plans with friends and family. Volunteer and try new activities of interest. Social engagement is a health booster for sure, but during this time of year, social activities may help you enjoy the holiday season even more.

From At Home Care and Hospice April 2, 2016

One additional tip to avoiding winter blues: come to the Senior Resource Center. Even if you don't like to play cards or aren't interested in bingo, dominoes, etc., you can still spend enjoyable hours at SRC just by being with other folks. One of the reasons SRC was created was to provide a comfortable place for seniors to gather, a home away from home, so come on down and you'll find your mood improves.

SRC Mailing List

We need your help! Each month we receive undeliverable SRC newsletters from the post office because our mailing list is not up-to-date. If you or someone you know moves, please let the Center know. We'll be glad to continue to send the newsletter if it is still wanted, but we would prefer to save postage if someone no longer wants to be on the mailing list. If you know that one of our members has passed away, please let us now so that address can be deleted as well. We are happy to provide our monthly newsletter at no cost and hope you find it worthwhile. If you decide you'd prefer to cancel your delivery, let us know. Call the Center at 385-2175 or email us at

info@vbsrc.com. Keep in mind that we love to email the newsletter to you if you have high-speed internet—you'll receive each issue faster than by snail mail and in full color.

Stamp Cost Increase

Did you know the cost of U.S.P.S. stamps went up again? On January 21, 2018, there was a one cent increase in the price of a First-Class Mail Forever stamp from 49 cents to 50 cents. The cost for postcard postage also increased 1 cent to 35 cents.

Donations

Ken and Nancy Wilson in honor of Barbara and Winky Henley
 Beth Swanner in appreciation for all those at the Center who show concern and encouragement for others
 June and Louie Klag in memory of Jimmy Etheridge, Ike Meiggs, Reba Whitehurst Thompson, Connie Steele, and Melrose Bonney Ansell

Recognizing Depression in Elders

"Depression in elderly people is a widespread and serious public health concern," according to the National Institute of Mental Health. It has been estimated that 15% of older Americans experience depression at some point in their golden years. In nursing homes, around 20% of the

residents are depressed, especially those living with a serious medical condition, like cancer or heart disease.



Unfortunately, depression goes under-diagnosed and under-treated in older Americans and this can seriously affect the worth of their life and their overall functioning. If ignored long enough, or, if the severity increases, depression could lead to suicide. In fact, America’s older population is responsible for 25% of completed suicides. There are complicating factors, which may mask signs of depression in the elderly. Factors that prohibit caregivers from recognizing the disorder or realizing their loved-one may need help. They may be:

Side effects from certain prescription medications can resemble symptoms of depression. In this case, caregivers may not realize their loved-one is depressed, but only displaying signs of drug side effects. Cardiovascular disease medication and hormones are among some of the drugs, which may cause a person to have side effects that are similar to symptoms of depression.

Depressive symptoms sometimes include mental cloudiness or confusion. These symptoms can parallel the normal aging process as many people have come to expect the elderly to have some cognitive deterioration. The quandary is that normal aging may be blamed for the mental confusion and not depression. The loss of friends and loved ones is a common occurrence of aging, which may cause much despair.

Depressive symptoms include feelings of hopelessness and sadness. These symptoms could be blamed on a recent loss to your loved one, and not on depression. Chronic medical conditions such as Alzheimer’s or Parkinson’s disease may cause your loved one to experience a loss of appetite, sleep impairment, self-pity and lethargy. These symptoms are also encased in symptoms of depression.

The dilemma in this case is whether to target your loved-one’s illness for the depressive symptoms or depression itself. Real problems could develop if caregivers assume that depressive symptoms are causal of another underlying problem. To be safe, have your loved one’s doctor evaluate his or her condition

by Jennifer Buckley from “Today’s Caregiver”



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.

<p style="text-align: center;">Responsibility and Oversight</p> <p>President Johnnie Williams 470-7186</p> <p>Councilwoman Barbara Henley 426-7501</p> <p>City Liaison Shari Wilson 385-2175, Tue & Fri</p>	<p style="text-align: center;">Hours of Operation</p> <p>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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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.

February 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	Groundhog Day 2	3
				8:30 Board Meeting 9:30 Exercise (PR Rita J.) Line Dance Class Beginners 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.) 	1:30 - 4:00 pm Game Afternoon (PR. Rita T.)
4	5	6	7	8	9	10
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	11:00 - 1:00 PM First Responders Appreciation & SRC People Luncheon (PR Barbara H.) 1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 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.)	10:00 -12:00 Crafters (PR Pat Jenkins)
11	12	13	Happy Valentine 14	15	16	17
	1:00 Dominoes/Cards	1:00 Bingo/ Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	10:00 Antique Road Show (PR Jim O.) 1:00 Cards 1:00 History 	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 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. & Rita T.)
18	Presidents' Day 19	20	21	22	23	24
	1:00 Dominoes/Cards 	9:30 Blood Pressure Testing 10:00 JOY, Topic Senior Driving With Blake Norris Pot Luck to follow (PR Juanita S.)	1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 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.)	1:30 to 4:00 PM Making Soup Bowl Shaped Hot Pads (PR Peggy Jebavy)
25	26	27	28			
	1:00 Dominoes/Cards	10:30 - 12: 00 Adult Story Time (PR Peggy J.) 1:00 Bingo/ Cards	1:00 Cards 1:00 History			