

Annual First Responders Appreciation Lunch

Wednesday, Feb. 6 11:00 am-2:00 pm



This is our yearly opportunity to show our local fire, police and rescue personnel our gratitude for all that they do to keep us safe.

This has become a very successful tradition and we look forward to sharing our food and fellowship. We ask that SRC members bring casserole meals, salads or desserts and remember, we will be feeding many guests. The first responders usually visit in shifts, so we will be serving from 11 a.m. – 2 p.m.

JOY Just Older Youth Lecture and Pot Luck Lunch Tuesday, Feb. 19 10:00 am

This month our guest speaker will be Crystal Ross from Family Care Senior Solutions, on the topic of "Solutions for Home Independence." This local health care agency provides an array of in-home services, including geriatric case management. The lecture begins at 10 a.m., but if you'd like to have your blood pressure checked, plan to arrive at 9:30 a.m. A pot luck lunch will follow the presentation so please bring a dish to share. If you can, also bring one item of non-perishable food for the Food Pantry.

♥ *Happy Valentines Day* ♥

Ballroom Dancing Lessons

Our esteemed exercise instructor, Rita Joyner, is now also offering ballroom dancing lessons. On Feb. 5 and Feb. 19, from 7 – 9 p.m., join these free classes and have fun while getting some exercise. Rita had her own dance studio for decades and now leads the Silver Steppers, a senior dance troupe, so she has a lot of knowledge and expertise to share.

A Sad Farewell to a Special Friend

We were saddened to learn that Marilyn Danner passed away on December 23, 2018, after a courageous battle with breast cancer.



Marilyn was the first Vice President of the Senior Resource Center and, along with her dear husband Bob, was a very active and instrumental volunteer at SRC. She was also a remarkable caregiver to her great grandson Danny, who was part of our center since his infancy. Marilyn's spirit and zest for life will be missed. We are honored that her family asked that donations in her memory be made to the SRC.

Annual Medicare "Wellness" visits

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit once every 12 months to develop or update a personalized prevention plan. You pay nothing for this visit if

your doctor or other qualified health care provider accepts Assignment. The Part B deductible doesn't apply.

However, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit.
- These additional tests or services aren't covered under the preventive benefits.

What a Wellness Visit Is

This plan is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It can also include:

- A review of your medical and family history.
- Developing or updating a list of current providers and prescriptions.
- Height, weight, blood pressure, and other routine measurements.
- Detection of any cognitive impairment.
- Personalized health advice.
- A list of risk factors and treatment options for you.
- A screening schedule (like a checklist) for appropriate preventive services. Get details about coverage for screenings, shots, and other preventive services.
- Advance care planning



More Food for Thought for the New Year

from happsters.com

Live in the moment
 Start each day with gratitude
 Laugh more
 Create meaningful relationships
 Meditate
 Focus on the positive
 Believe it will all fall into place
 Stick to your goals
 Be generous
 Choose happy

The Dangers of Ignoring Cataract Symptoms

Delaying Treatment of Advanced Forms of the Common Eye Disease Can Increase Risk of Permanent Blindness and Injury. The American Academy of Ophthalmology urges seniors and their caregivers to be aware of the dangers of ignoring the symptoms of cataracts, a leading cause of visual impairment that will affect more than half of all Americans by the time they are 80 years old. Delaying diagnosis and treatment of age-related cataracts can increase seniors' risk of permanent blindness and can lead to both physical and psychological damage.

Cataracts are caused by the clouding of the lens of the eye and are most common among older adults as the condition develops as the eye ages. Many seniors cope with cataracts — accepting vision loss as an inevitable part of the aging process rather than seeking medical treatment. Due to the incapacitation caused by blurred vision, leaving cataracts undiagnosed and untreated can lead to physical danger such as injuries from falls or running into unseen objects, as well as psychological harm like

depression and social isolation. In addition, the longer advanced forms of cataracts are left untreated, the more difficult it can be to successfully repair the damage caused to the eye.

Adults age 65 and older should have regular eye exams to monitor for the development of cataracts, in addition to other common eye conditions and diseases, such as age-related macular degeneration (AMD) and glaucoma. People with diabetes, a family history of cataracts, and those who smoke tobacco are at an increased risk of developing cataracts. Common symptoms such as dull, blurry vision, colors appearing less vibrant, and halos around lights may begin to be noticeable as cataracts develop. This cataract simulator demonstrates how vision is affected by cataracts.

Cataracts are nearly always treatable with surgery, but it may not be necessary until performing daily activities becomes difficult. If daily life isn't disturbed, a change in a person's eyeglass prescription may be all that is necessary until visual impairment becomes more severe. If completing everyday tasks is challenging, cataract surgery should be discussed with an ophthalmologist — a medical doctor specializing in the diagnosis, medical and surgical treatment of eye diseases and conditions.

"Seniors who find themselves giving up normal tasks like reading, exercising or driving due to cataract symptoms should know that they do not need to suffer in silence," said Rebecca Taylor, M.D., spokesperson for the American Academy of Ophthalmology. "Cataract surgery can help these individuals regain their sight and their independence. It is one of the most common and safest procedures performed in medicine, so seniors should not resist seeking help. Getting treatment can vastly improve your quality of life."

For people without regular access to eye care or for whom cost is a concern, EyeCare

America, a public service program of the Foundation of the American Academy of Ophthalmology, offers eye exams and care at no out-of-pocket cost to qualifying seniors age 65 and older through its corps of nearly 7,000 volunteer ophthalmologists across the U.S. To learn more about EyeCare America or to find out if you or a loved one qualifies for the program, visit www.eyecareamerica.org. EyeCare America is co-sponsored by the Knights Templar Eye Foundation, Inc., with additional support from Alcon and Genentech.

Article provided by eyecareamerica.com

Resistance to Changing Clothes in Folks with Dementia

A common challenge for Alzheimer's and dementia caregivers is figuring out how to get someone with dementia to change clothes regularly. The damage that dementia does to the brain can cause behavior like this that doesn't make sense to us.

Your older adult might refuse to change even if their clothes have been worn nonstop for a week and are obviously soiled and smelly. Or, they might insist on wearing the same outfit day or night. And sometimes they might choose clothing that completely clashes and looks strange.

We explain 6 possible reasons for their refusal to change and share 4 ways to get someone with dementia to change clothes more often.

6 possible causes for refusing to change clothes

Understanding what could be causing someone's refusal to change clothes can help you find an approach that works. It also gives

some perspective on the situation and can help you realize that your older adult isn't doing this on purpose.

1. Impaired memory or judgement

- Forgets that they haven't changed clothes in a long time or thinks that they changed recently
- Is losing the ability to keep track of time
- Forgets that the clothes are dirty after taking them off
- Is no longer making good choices

2. Need for control

- Insists on independently making their own choices even if their judgement is impaired

3. Need for comfort and security

- Is comforted by the familiarity or routine of wearing the same clothing

4. Struggles with everyday tasks

- Is overwhelmed by the choices and steps needed to get dressed
- Has difficulty with the physical motions required to dress and undress
- Has body aches and pains or being easily fatigued makes changing clothes and/or doing laundry too difficult

5. Feeling overstimulated or uncomfortable

- Avoids clothing items that have distracting patterns or colors, difficult fasteners, or uncomfortable fit

6. Weakened or dulled senses

- Can't smell the odors caused by wearing soiled clothing
- Doesn't notice or see stains or dirt

Is it really necessary?

We've gotten used to changing our clothes every day and switching to pajamas for sleeping. But neither are strictly necessary for health or hygiene. If their clothing is not soiled, your older adult may not need to change every day. After all, many people regularly wear their shirts and pants a couple times before putting them in the laundry.

And if your older adult is clean enough and comfortable, there's no reason why they can't wear the same outfit during the day as well as for sleeping at night if that's what they prefer – especially if they're wearing comfortable loungewear.

Sometimes it's a matter of timing. Your older adult might be tired, cranky, or not feel like changing at that moment. Plus, if your older adult isn't leaving the house, they may not feel that the effort to change is needed – especially if dressing is tiring or physically difficult.

Before asking a reluctant person to change clothes, consider if it's really necessary or if it can wait until later or another day.

4 ways to get someone with dementia to change clothes

1. Avoid using logic and reason to convince them

- Avoid using logic or criticism, like saying "Dad, you've been wearing the same clothes all week and they're disgustingly dirty and smelly!" Hearing that would put anyone on the defensive. Plus, the logic and reason are likely to confuse someone with dementia – making them even more sensitive.
- Because of the damage that dementia has caused in their brain, they'll insist on believing their own thoughts and memory over yours, no matter what the facts are.

2. Get clever or sneaky

- Wait for them to fall asleep and then remove dirty clothes from their room and replace with fresh clothes.
- Buy identical replacement outfits (same color and style) so you can replace them without your older adult noticing (if that's an issue) and so you can wash one set while the other is being worn.
- If they sleep in the same clothes they wear during the day, your only option may be to quietly replace with fresh clothes while they're bathing.

3. Make dressing easier

- Clear out the closet so there are fewer options and less decisions to make. And if you make sure that everything already matches, that makes dressing even easier.
- Choose clothing in favorite solid colors instead of potentially distracting or confusing patterns.
- Remove clothing that isn't appropriate for the season.
- Choose clothes that are easy to put on and take off – consider adaptive clothing with specialized fasteners
- If you lay out their clothing, do it in the same order every day.
- Give them plenty of time to dress themselves so they don't feel rushed or get flustered

4. Gain perspective on the situation

- Ask yourself if you're bothered by their choice of clothing because you don't like it or if there's actual soiling or odor that's causing a problem.
- Let go of embarrassment if you think an outfit isn't appropriate, but your older adult loves it (assuming it's clean and weather-appropriate). For example, your formerly conservative mom now only wants to wear sweatshirts with a picture of a cartoon character rather than a proper button-up

cardigan. The priority is for her to be clean, comfortable, and happy.

- Ask yourself if you're more concerned about following current societal norms of changing and bathing daily rather than what's needed to maintain health.

From Daily Caring, 12/20/2018

DONATIONS

Alex and Jean Lewis- to support SRC

Nancy and Mike Newbill –to support SRC

Bill and Jean Pace – in honor of Pam and Dan Fentress

Beth Swanner – to be used as needed by SRC

Jim and Anne Bright – in memory of Marilyn Danner and Kermit Mitchell, Sr.

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

Councilwoman

Barbara Henley 426-7501

City Liaison

Shari Williams
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 online at www.vbsrc.com and help save printing and postage costs.

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
3	4	5	6	7	8	9
6:30:00 PM Super Bowl 53	1:00 Dominoes/Cards	1:00 Bingo/ Cards 7:00 PM to 9:00 PM Ballroom Dancing (PR Rita J.)	11:00 - 2:00 PM First Responders Luncheon - Pot Lunch - bring Casserole Dish or Salad (PR Anne B.) 1:00 Cards	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 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	10:00 -12:00 Crafters (PR Pat Jenkins)
10	11	12	13	Valentine's Day 14	15	16
	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon P.)	1:00 Bingo/ Cards	1:00 History & 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 Conversations (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
17	President's Day 18	19	20	21	22	23
	1:00 Dominoes/Cards	9:30 Blood Pressure Testing 10:00 JOY, Family Care Sr. Solutions Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards 7:00 PM to 9:00 PM Ballroom Dancing (PR Rita J.)	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 Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	
24	25	26	27	28		
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards & History History of Valentine's Day 	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)		