

SENIOR RESOURCE CENTER, INC.

NEWSLETTER — JANUARY 2020

Phone: (757) 385-2175 | Website: <https://www.vbsrc.com> | Email: info@vbsrc.com
 facebook: <https://www.facebook.com/VirginiaBeachSeniorResourceCenter>



HAPPY NEW YEAR!

New Year's Day Pot Luck Lunch

Wednesday, Jan. 1, 2020 1:00 pm

Get the New Year off to a great start by enjoying the fellowship of your Senior Resource Center family. Celebrate the beginning of another decade—can you believe it is 2020? Bring a dish to share, traditional New Year's food if you'd like, or just your favorite recipe. Don't sit home by yourself when you can enjoy the company of friends.

Emergency Preparedness Meeting

Tuesday, Jan. 7 10:00 am

Our Emergency Preparedness Project needs to gear up and we hope you will attend this important meeting. Emergency Preparedness has been a focus of the SRC since we recognized that we have a lot of seniors in our area living alone and having no family nearby. We want to make sure that no one is forgotten if a storm is brewing. We are in need of more block captains who will volunteer to keep tabs on their neighbors when storms are approaching. It's not a demanding job, so please consider joining us in updating our plans and volunteering to check on your immediate neighbors.

Antiques Appraisal

Wednesday, Jan. 15 10:00 am

Bring your prized possessions for Jim Oglesby to appraise. Find out if it is trash or treasure. No more than 3 items per person, please.

JOY

Tuesday, Jan. 21 10:00 am

Just Older Youth welcomes speaker Andrea Scahill, from the Virginia Beach Department of Public Health, who will lecture about rabies awareness. Come at 9:30 a.m. to have your blood pressure checked. Please bring a dish to share at the pot luck lunch following the lecture.

Name the Baby Contest and Soup Social

Monday, Jan. 27 11:00 am

"You must've been a beautiful baby, 'cause baby, look at you now." Do you remember that old song crooned by Bing Crosby? We are starting off the new year with a fun contest instead of a serious lecture. We'd like you to bring a picture of you as a baby to the center. Write your name on a post-it note that we will provide, and stick it on the back of your picture. Add your picture to the manila envelope that will be on the volunteer's desk and we will safely post it on the bulletin board. Don't show your photo to anyone so we can keep it under wraps.

We'd like to have your pictures a week ahead of time (by Jan 20th), but bring it the day of the party if necessary. At the party you will try to match the names with the baby photos, and the

person who guesses the most correctly will win a prize. Come early so you'll have time to complete your contest entry.

We'd also like you to sign up to bring a pot of soup to share—call us at 385-2175 ahead of time to tell us what kind of soup you'll bring. We also welcome crackers, cheese and desserts.

Line Dancing Changes

Please note the following changes regarding the weekly line dancing classes:

No line dancing Thurs., Jan. 2

No line dancing Thurs., Jan. 30

Time changes for classes:

Beginners: 12:30 - 1: 30 p.m.

Regulars: 1:45 – 3:00 p.m.

Ballroom Dance Class

Rita Joyner, our dedicated exercise teacher and retired dance studio owner, is willing to start ballroom dance lessons again, if enough people sign up. The classes would be held at the SRC on the first and third Monday evenings at 7 p.m., starting Mon., February 4th.

Please call SRC at 385-2175 before the end of January and provide your name/s and phone number. You will be contacted to be advised if the class will begin or not. Tell a friend about this class and encourage them to join you.



Save the Date

We will host our annual First Responders Appreciation Luncheon on Wed., Feb. 5th beginning at 11 a.m. SRC will provide the main entrée and we ask that you bring sides or dessert. Please mark your calendar so you can join us in showing our gratitude to our local police, fire and rescue personnel.

Angel Tree Gratitude

On behalf of all the kids at Creeds Elementary School who were showered with Christmas gifts, thank you to all the Senior Resource members for their generosity. What an enormous pile of goodies you provided! It is overwhelming to see how thoughtful and giving you are and you provided a joyous holiday for many needy children.

Beware Spoofing Fraud

Do you know that scammers can easily fake a caller ID? Spoofing is the use of a false name and/or number that appears on caller ID, tricking you into answering a call that you assume is from someone you know. They can even use technology to alter voice and pitch so the caller can sound like someone else. The best way to handle these phony calls is to hang up as soon as you realize the caller is not who you thought or better yet, let the call go to voice mail if you have an answering machine. Scam callers do not leave messages. If your friend or a legitimate caller wants to reach you, they will leave a message. Scammers can make it look like a government agency, the policy department or even your own number is calling, so beware. (from "Who's Calling?" Oct./Nov. 2019 AARP)

Future Programs

The Activities Committee which plans our monthly activities, lectures and special celebrations needs your input and advice. We have tried to line up a varied assortment of presentations and parties in past years, but it's always a puzzle as to what will be of interest to our members. It has been disappointing to see only a small number of attendees at many lectures, while sizable attendance at regular activities like exercise, line dancing, tai chi and yoga has been encouraging.

When 60 Creeds Elementary School chorus members visited us on Dec. 3, there was barely a handful of us seniors to enjoy their caroling and Christmas tree decorating. What a lovely concert it was! Sorry if you missed it. What can we do to entice more of you to attend this annual event next year?

We have tried to offer an educational lecture monthly as our name, the Senior Resource Center, suggests that we provide resources. While some of us may feel we get enough information online, from our doctor, or from one another, we feel it is beneficial to provide up-to-date information about medical issues, legal concerns, fraud, etc. from local experts. We have been fortunate to have found so many speakers who have been willing to drive to SRC to educate us about pertinent topics.

If you can help us with ideas for future activities, suggestions for lecture topics or names of potential speakers, please get in touch with us. Call 385-2175 and leave your name and number or email us at info@vbsrc.com. If you have an interest or talent in a specific area, we'd love to hear from you. Whether you'd like to be a speaker for a one-time lecture or perhaps start up a new, regular activity, let us know.

The Center is now in its 12th year and we are in need of recharging.

Volunteers Still in Short Supply

Oh, no! Not again! We don't want to beat a dead horse, but we are at a critical juncture at the Senior Resource Center, trying to keep our doors open all week. There have been times the doors have been locked due to no volunteer signing up for a slot. We have pleaded for more helpers, but have seen just a very few new volunteers step up to the plate. If you can help spread the word of our dire need by telling your friends and neighbors, we would be most appreciative.

If you are newly retired and looking for a way to add some purpose to your free time, please consider signing up as a volunteer. A volunteer only has to provide 3 ½ hours once a month to ensure that the SRC can stay in operation. It's a simple task- greeting guests and answering the phone and orientation is quick and simple. Call 385-2175 or email info@vbsrc.com

Glaucoma Awareness Month

January is Glaucoma Awareness, an important time to spread the word about this sight-stealing disease. Currently, more than 3 million people in the United States have glaucoma. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have

it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision.

You can help raise awareness by:

- talking to your friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let family and friends know.
- telling others to go online to www.glaucoma.org for information.
- encouraging your family and friends to have regular eye examinations.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

(from the Glaucoma Research Foundation at www.glaucoma.org)



Happy New Year's Resolutions

This New Year, how about deciding to forget about starting a diet or beginning an exercise routine?

Instead:

- Practice gratitude. Concentrate on being thankful for what you do have, instead of regretting what you don't have.

- Live in the moment. Try not to fret about what happened in the past and don't waste time worrying about the future.
- Concentrate on being kind. Think before you speak and remember that what you say and do can either help or harm others.
- Do something for others, even if it's just offering a smile or a hug.
- Remember that even though you can't control everything that happens to you, you can control how you react.
- Develop empathy for others—you don't always know what other people are going through, so showing that you care can be a gift.

Farewell and Happy Days Ahead to Our Friend

Ellen Burns, librarian at Pungo-Blackwater Library, is retiring on January 1, 2020, after 40 + years with the Virginia Beach library system. She has been an avid supporter of the SRC and we will miss her smiling face. We hope to lure her back as a volunteer after she has a chance to catch her breath. Happy Retirement, Ellen!

Poker Playing, Anyone?

Recently a gentleman new to the community called to see if there were any folks interested in playing poker, so we pass the question on to you. Are there any takers? We must remember that ours is a city-owned building so there can be no wagering with the game (and no cigar smoking either, Ha! Ha!), but perhaps there are some men and women among us who might like a good game. Please call the Center at 385-2175 if you are interested. Maybe this

could be one of the new activities mentioned above.

Donations

Janice Beatty in memory of her mother, Stella Collins

Elizabeth Bergesen to be used as needed

Sarah Burke in memory of her mother

E. Alexander and Jean Lewis to be used as needed

Jo-Ann Roffler- bottled water for the Center

Phyllis Styron to be used as needed

Phyllis A. Vinson for relief of elderly butts (upholstering for chairs at the SRC)

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
City Liaison


Newsletter

Anne Bright 426-7832
Newsletter Layout
Tom Shearer 426-7831



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January 2020

Sunday	Monday	Tuesday December 31st	Wednesday 1	Thursday 2	Friday 3	Saturday 4
			11:30 SRC will be open for Parents and Grandparents who's children are still recuperating from New Years Eve (PR Carol T.) 1:00 Eat Traditional Food Pot Luck Lunch	8:30 Board Meeting 9:30 Exercise (PR Rita J.) NO Line Dance Class	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)
5	6	7	8	9	10	11
	1:00 Dominoes/Cards	10:00 Emergency Preparedness 1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 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)
12	13	14	15	16	17	18
	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	1:00 Bingo/ Cards	10:00 Antique Appraisal (Jim O.) Moved to January 22 1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 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.)
19	Martin Luther King Day 20	21	22	23	24	25
	1:00 Dominoes/Cards	9:30 Blood Pressure Testing 10:00 JOY, Rabies Awareness, w/ Andrea Scahill, V.B.D.P.H Pot Luck to follow (PR _____) 1:00 Bingo/ Cards	10:00 Antique Appraisal (Jim O.) 1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	
26	27	28	29	30	31	
	11:00 - Name the Baby Contest (PR Nancy A.) 1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) NO Line Dance Class	9:30 Yoga (PR Linda T.) 12:00 Tai Chi (PR Gary Donovan)	

Notes: