

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – JUNE 2023

IN OUR FIFTEENTH YEAR

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

Keepsake Stories

Monday, June 5 1:00-2:00 pm

A photograph may be worth a thousand words, but a story or family heirloom can often tell so much more. Come learn the many ways to preserve precious family memories for future generations and for those who experience memory difficulties. No registration required. Angie Vilches from Pungo- Blackwater Library will lead this activity at the SRC.

Hospice Care and Mourning Well

Lecture and Pot Luck Lunch

Wednesday, June 21 10:30 am

This will be a joint lecture about two beneficial resources. Brenda Cobb, M.S.W., and long-time Community Liaison and Medical Social Worker at Interim Hospice, will help us understand what hospice care is all about and dispel myths about hospice. This valuable end-of-life care is not well known or utilized, so learn about it now. Carolyn Williams, L.C.S.W., who owns a new service, Mourning Well, will discuss how to better prepare to deal with the grief of losing a loved one. While these topics may be hard to discuss and to think about, it really helps to do so ahead of time.

Please bring a dish to share for lunch and a non-perishable food item to donate.

Bonkers for Bunco

Sat., June 24 1:00 - 2:30 pm
at Pungo-Blackwater Library



Farmers Market Hoedowns

Free concerts every Friday night, rain or shine, from 7-10 p.m.

June 6 Dallas Band
June 9 The Country Rockers
June 16 Timeline
June 23 The Country Rockers
June 30 Raw BeeT's

SRC Crafters for Charity

One of our popular group activities, created by Gaby Morrison in September, 2022. Initially the need was to find some crafters to help make Knitted Knockers, free breast prosthetics for mastectomy patients. But in a short time, the list of home-made items needed by other non-profit organizations has grown. The group meets at the SRC the third Monday of every month from 10-11 a.m. It helps if you already know how to knit, crochet, sew, quilt or paint, but you are welcome to come and learn.

The goal of the group is to network, make new friends, discover old friends, and do something positive for the community. Gaby believes it makes people feel good about themselves when they use their skills and talents to produce items that benefit others. In just 8 months, the ladies have far exceeded their initial group goals and ideas. They have made: Knitted Knockers, blankets for homeless people and pet shelters, baby caps and blankets, hats for all ages, mufflers, kitchen washcloths and devotion squares,

Additionally, the craft group has partnered with non-profit Lynnhaven River NOW to sew over 30 re-usable fabric shopping bags to be distributed around the city. This joint project

was a first for LRN and they were amazed at its success. The goal of this project is to help reduce the use of plastic bags. Other charities the crafters have donated items to include Project Linus Homeless Project, Samaritan House, Comfort for Critters, and KnittedKnockers. Gaby continues to network to find more charities that will benefit from the beautiful items they are creating. Check out the crafters display table by the puzzle table and take free patterns for the items they create. If you know of non-profit groups that need home-made items, call SRC and let us know the details.

Advance Care Planning



If you missed the April lecture regarding Advance Directives, take time to check out www.conversationproject.org and you will find a wealth of information to help you share your wishes for the care you want through the end of your life. If you haven't already completed this important document, pick up a free booklet at our center, that includes the Advance Directive form.

Gaby's Gardens

We hope you have already noticed the new plants and flowers in the garden beds around our center. Gaby and Tom Morrison donated all of the flowers. Gaby is a certified butterfly gardener and hopes we will soon see butterflies in the front of our building. We welcome



additional donations of plants from you as well.

Home Care Helpers Needed

We have received quite a few calls asking about in-home help. Families who live in the Pungo, Creeds and Blackwater areas have a terrible time finding companions and home health aides as most workers do not want to travel so far. Even the big home health agencies have trouble staffing jobs out this way. The SRC is not an employment agency, and we don't vet potential workers, but if you know of someone who does hands-on care or adult sitting that you can recommend, please call us at 757-385-2175 and provide the name and phone number of the potential aide/sitter. If you provide that kind of service yourself, call us too. It will be up to the family who needs the help to check references, etc. There are many residents in the rural part of Virginia Beach who are caregivers to their elderly parents or spouses, and desperately need help, so we could provide a helpful resource if we can create an up-to-date list of such providers.



in honor of this special day, here's a poem for you to enjoy:

Dad

He never looks for praises, he's never one to boast,
He just goes on working quietly, for the ones he loves the most.
His dreams are seldom spoken, his wants are very few,
And most of the time his worries go unspoken, too.

He's there, a firm foundation, through all our storms of life,
 A sturdy hand to hold onto in stressful times of life.
 A true friend we can turn to when times are good or bad,
 One of our greatest blessings, the man that we call Dad.
 Not all of us were fortunate to have such a supportive father, but hopefully those who did not were able to find other sources of support.

Last Week of VB Public Schools

June 12-June 16 will be the final week of this year's school term. Please be mindful that there will be extra traffic and many more cars in our lot with parents attending special programs. Watch out for buses, cars and kids.

Optimism

According to a Pilot article 4/16/23 by Judith Graham, multiple studies have shown a strong association between higher levels of optimism and a lower risk of conditions such as heart disease, stroke and cognitive impairment., and possible greater longevity as well. People who are optimistic cope better with the challenges of daily life and are less likely to experience stress than those with less positive attitudes.

Many challenges come with aging, the loss of friends and family, health issues and loss of independence, but optimists manage to focus on other things instead of their aches and pains and always try to find something to be grateful for. Having religious faith can also help boost optimism. It may all boil down to "Is the glass half full or half-empty?" Perhaps it comes down to the attitude you choose.

Today *author unknown*

Outside my window, a new day I see, and only I can determine what kind of day it will be.
 It can be busy and sunny, laughing and gay, or boring and cold, unhappy and gray.
 My own state of mind is the determining key, for I am only the person I let myself be.
 I can be thoughtful and do all I can to help, or be selfish and think just of myself.
 I can enjoy what I do and make it seem fun, or gripe and complain and make it hard on someone.
 I can be patient with those who may not understand, or belittle and hurt them as much as I can.
 But I have faith in myself and believe what I say,
 And I personally intend to make the best of the day.

SRC Volunteer Recognition

a note from Nancy. I did not take time to acknowledge several of our very faithful volunteers at our recent Volunteer Appreciation Luncheon. It may not be a good idea to single out a few of our volunteers, as we know that many of you give a lot of your time to the center. However, Catherine Heidelbaugh and Dianne Greene have given the most volunteer hours by far. They are so dependable and helpful, serving our community. If more of us followed their wonderful example by donating a few more hours a month, we would not have vacant shifts, resulting in closed doors and unanswered phone calls.

Barbara Vaughan deserves a special thanks too, for trying to keep our volunteers organized, providing the master calendars for signing up for shifts, and for orienting all new volunteers. She's been handling all these duties since SRC opened, and our hats are off to her.

By the way, volunteers- please keep in mind that anyone who wants to sign up to become a volunteer has to schedule an in-person appointment with Barbara Vaughan prior to signing up to cover a half-day shift. Unfortunately, recently a SRC member drove to the center to cover a shift but found out she could not do so as she had never been trained. If you receive a request from a visitor or a caller interested in volunteering while you are on duty, be sure to give the person a volunteer application and obtain their name and phone number. The information can be noted in the daily logbook so Barbara can follow up with a phone call.

Signs of Alzheimer's or Normal Forgetfulness?

(From [dailycaring.com](https://www.dailycaring.com)
5/8,2023)



Are you worried about your own memory or cognitive function or is your loved one showing signs? Do you wonder if your parent or spouse's increased

forgetfulness or strange behavior is a normal part of aging or if they're signs of Alzheimer's disease or dementia? It's easy to make that assumption, but it's important to get more information before thinking the worst.

There are big differences between the normal forgetfulness that comes with age and the warning signs of cognitive impairment. Plus, there are many common and treatable health conditions that can cause dementia-like symptoms. So how do you know if the behavior you're noticing in your older adult is normal or if they need to be evaluated by a doctor? We found a helpful explanation of 10 early signs and symptoms of Alzheimer's from the

Alzheimer's Association. From that list, we highlight 5 real-life examples that show the key differences between normal aging behavior and possible early signs of Alzheimer's or dementia.

Signs of Alzheimer's vs normal aging in 5 everyday situations It turns out that everyone loses some memory-making and cognitive abilities as they age. The decline starts by age 40 and keeps going. So, occasional forgetfulness like "Where did I leave my keys?" or "What did I come here to get?" probably isn't something to worry about. But there are signs that the behavior you're observing could be outside the norm. Here's how that might look in 5 everyday situations:

1. Everyday tasks like using the TV remote or microwave oven

Normal aging: Needing help or reminders once in a while

Signs of Alzheimer's: Trouble with familiar or daily tasks like getting lost driving to a local store they've shopped for 10 years, forgetting how to make a favorite recipe they've cooked for decades, or not understanding how to play a card game they play regularly.

2. Multi-step or complex tasks like paying bills or cooking a meal

Normal aging: Making mistakes once in a while when balancing a checkbook or cooking a meal (Oops, forgot the paprika!).

Signs of Alzheimer's: Difficulty planning, problem solving, or sequencing steps, like trouble following a familiar recipe or not being able to keep track of monthly bills.

3. Keeping track of time

Normal aging: Sometimes getting temporarily confused about the day of the week, then figuring it out later. (Is today Tuesday or Wednesday? Oh, that's right, it's Wednesday.)

Signs of Alzheimer’s: Having trouble tracking dates, seasons, and the passage of time. Sometimes forgetting where they are or how they got there.

4. Judgment and decision-making

Normal aging: Once in a while using poor judgment or making bad decisions like drinking too much at a big party or spending too much money on something frivolous.

Signs of Alzheimer’s: Frequently uses bad judgment or makes unwise decisions like giving large amounts of money to telemarketers or scammers, buying tons of unnecessary stuff from online shopping channels, or paying less attention than normal to personal hygiene – like wearing the same clothes, refusing to bathe, etc.

5. Personality changes Normal aging: Getting annoyed or irritated when a long-held habit or routine is disrupted.

Signs of Alzheimer’s: Noticeable changes in mood or personality like getting confused, suspicious, depressed, fearful, or anxious. Or, being easily upset at home, at work, with **friends, or in places where they’re out of their comfort zone.**

What to do if you notice behavior changes If you notice significant, serious, or sudden behavior changes in your older adult, schedule a checkup with a doctor right away. It may help to see a neurologist, and your primary doctor should be able to refer you to one. If these changes are caused by Alzheimer’s or dementia, early detection and treatment could help reduce and manage symptoms – allowing them to stay independent longer.

Donations

Barbara and G. W. Henley in memory of Marie Flinn

June and Louis Klag in memory of Marie Flinn


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	Hours of Operation Monday – Friday, 9:00 AM – 4:00 PM
Vice President Sharon Prescott 630-2660	During inclement weather, The SRC operates on the local school schedule.
Treasurer Pat Jenkins 618-5304	






Councilwoman
Barbara Henley 426-7501
City Liaison

Newsletter
Nancy Allan 422-1292
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.

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1				1	2	3
				8:30 Board Meeting <u>NO LINE CLASS</u>	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
4	5	6	7	8	9	10
	1:00 - 2:00 Keepsake Stories (PR Angie V)	9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	10:30 - 12:00 Read and Share (R Angie V)	<u>NO LINE CLASS</u>	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	
11	12	13	14	15	16	17
		9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm EASY LINE DANCE CLASS. 2:00 - 3:30 pm Regulars	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	6:00 to 9:00 PM Game Night (PR Rita T.) 
18	19	20	21	22	23	24
	10:00 Crafters for Charity (PR Gaby M.)	9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	10:30 Hospice and Mourning Well Lecture Potluck to follow (PR Nancy A.)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm EASY LINE DANCE CLASS. 2:00 - 3:30 pm Regulars	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	1:00 Bonkers for Bunko at the Pungo Blackwater Library (PR. Angie V)
25	26	27	28	29	30	
		9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley) ----- 1:00 - 4:00 Questions on Medicare-Medicaid 1:1 Benefits Counseling (PR Bonnie Dozier or Eileen Churchill)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm EASY LINE DANCE CLASS. 2:00 - 3:30 pm Regulars	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	