

### **Veterans' Day Celebration** **Saturday, Nov. 11 1:00-3:30 pm** **Pungo-Blackwater Library**

Since Veterans' Day is on Saturday this year and the SRC is closed, we decided to join with Athena Dabbs and the Pungo-Blackwater Library staff to celebrate this very special day. Starting at 1 p.m. with the Boy Scouts doing their traditional Flag Raising ceremony and Jimmy Whittemore playing *Taps*, there will be a Quilts of Honor presentation in the school cafeteria, crafts for children and adults, veterans sharing their experiences and display tables for your enjoyment. Adults will have a chance to sew some squares for future Quilts of Valor, youth will have the opportunity to make cards to send to our military members overseas, and collections will be made for care-packages to be sent to deployed military. We will have a collection box with suggestions of items to include in the care packages at the SRC as well as the one at the library. Our SRC contributions will involve snacks for all attending. We need donations of small snack bags of chips, cookies and/or brownies as well as sodas to be made available to those attending. Athena has a sign-up sheet at the library so we can get a "guestimate" of how many will attend, so if you can join us please give her a call at 385-7790. We will have a sign-up sheet at SRC for whatever you feel that you can contribute toward the snacks. Come out and help to make this a noteworthy celebration for our veterans.



### **The Art of Healthy Aging** **Forum and Expo**

**Wednesday, Nov. 1 9:00 am-2:30 pm**  
**Virginia Beach Convention Center**

This is an annual event sponsored by Senior Services of Southeastern Virginia. This year's theme is "Aging Loud." There will be workshops, vendor displays, health screenings and entertainment. Call 461-9481 or go online to [www.sseva.org](http://www.sseva.org) to register. Cost is \$20 per person, which includes lunch.



### **Free Flu Shots** **Tuesday, Nov. 14** **11:00 am-1:00 pm**

Sentara will once again be at SRC to provide free flu shots. No proof of insurance is needed. Many of you will be getting your flu shots from your doctor, but this is your opportunity to get the shot close to home and without a long wait.

### **JOY: Aging Fabulously** **Lecture & Pot Luck Lunch** **Tuesday, Nov. 21 10:00 am**

Shawn Buckon from Senior Corps will tell us how to be healthy and fabulous as we navigate the ups and downs of growing older. Be the best that you can be regardless of your age. Bring a dish to share for lunch and come at 9:30 if you'd like to get your blood pressure checked.

## Thanksgiving Day Pot Luck Dinner

**Thursday, Nov. 23 1:00 pm**

Sara Schauer has once again offered to host this popular annual gathering and she will provide the turkey. If you would like to join your SRC family for this special celebration, please call the Center at 385-2175 to tell us how many people will be attending with you and what dish/dishes you will provide. This holiday event has grown over the years, so please join us.



## Balance & Fall Prevention Lecture and Pot Luck Lunch

**Wednesday, Nov. 29 11:00 am**

Sentara Red Mill Physical Therapists Lindsay Clark and Kayla Waterfield will share their expertise with us and will also offer hands-on instruction on how to get up off the floor after a fall. Getting up, from the bed or the floor, can be a challenge for lots of us.

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence. Poor balance, medication side effects and vision problems are possible reasons why people fall. Many folks who do fall don't tell their family and don't let their doctors know, which is a mistake. Many of us have experienced multiple falls and have poor balance, so it will be helpful to learn how to prevent falls and what to do if we do fall. Bring a dish to share at our pot luck lunch following the lecture.

## Save the Date: FaLaLa Friday, Dec. 8 1:00-3:00 pm

Join us for our traditional Christmas gala. Several musicians will treat you with holiday selections interspersed with selected Christmas readings. Meet, greet and chat with friends over a bountiful finger food/dessert buffet hosted by our "elf with the mostest," June Klag.

## Antiques Roadshow

**With Jim Oglesby**

**Wednesday, Nov. 15 10:00 am**

Shake the cobwebs off your keepsakes and bring no more than 3 items for Jim to assess so you can find out if it's trash or treasure.

## Congressional Aide's 1:1 Sessions

**Thursday, Nov. 16 1:00-3:00 pm**

Rep. Scott Taylor's aide, Kathleen Redmond, will be available to meet with you privately to help you with problems or concerns you have with Federal programs, such as Medicare, Social Security and the Veterans' Administration. No appointment necessary.

## Donations

JOY (Just Older Youth) generous donation to SRC for kitchen supplies

Garland Eaton in memory of his wife Shirley – 10 years

Bill and Betty Lehr in support of our Senior Resource Center

June Klag in memory of Marvin Etheridge, Ann Bonney, and Steven Loudermilk

## Angel Tree Gift Tags Available November 15 at SRC

Angel Tree has become our biggest charitable project annually. We support Creeds Elementary School by providing holiday gifts to their needy students. Every year we have given so generously and made lots of kids very happy. Tags will be available November 15, so you can stop by SRC and choose whatever you'd like---we'll provide information about the item wanted, size, for boy or girl, etc. We ask that you wrap the gifts and attach the tag you took to the outside of the gift package. We will wrap your gift if you are unable to do so. **Your gifts will need to be returned to us by Friday, Dec. 15<sup>th</sup>**, so we can deliver them to the school in time for distribution before their school vacation begins. Thank you for helping to bring joy to our CES kids.

## Senior Reading Buddies Still Needed

Creeds Elementary School still has some students who would benefit from having a reading buddy. Quite a few of our "members" signed up and attended a recent training, but it's not too late to join them. This is a great opportunity to form a relationship with a student and help him or her improve their reading skill. Call the school at 648-2400 if you would like to sign up.

## School Supplies Needed at Creeds Elementary School

We recently learned via Casey Conger, Principal at CES, that there is a significant number of students in her school who need certain items. We would like to start an on-going project of furnishing some of these items. We will provide a box for your donations at SRC and deliver the items to the school. The items that are needed are:

- #2 yellow pencils, sharpened (we have an electric sharpener at the center so we can sharpen them for you)
- Earbuds (in-the-ear headphones that are used to listen to devices)
- Glue sticks- large size
- Dry erase markers- blue and black
- Socks- kids sizes, for boys and girls

These items can all be found at stores like Dollar Tree. If you aren't sure what the item is (like earbuds), ask the sales clerk to show them to you.

## November is National Family Caregivers Month

This is an annual celebration in honor of the thousands of family (and friend) caregivers who give their time and devotion to a loved one who is no longer independent. These caregivers are not paid, yet have the hardest job there is, providing hours of stressful and challenging care. Caregivers often sacrifice their own health, goals and finances for the well-being of their loved one. Those who receive this care are usually not able to say thank you, so this is our chance to acknowledge what these caregivers do. If you know someone who provides such care, whether hands-on or long-distance, to a family member, friend or neighbor, take the time this month to show your appreciation and admiration for what they do. Some things you could consider doing:

- Take a meal to them, give them a gift certificate for a meal that can be delivered or offer to sit with their loved one so they can use your restaurant gift card.
- Call to ask how the **caregiver** is doing and ask if you can stop by to visit.
- Tell the caregiver what a great job he or she is doing.
- Run an errand or do a chore for the caregiver—don't just ask what you could do

to help, but actually do something for him/her.

- Just listen—sometimes a caregiver simply needs to vent, without your comment or advice.
- Offer to help find resources that could help—like a support group, transportation or in-home help.

## **Time Change Sunday**

**Sunday, Nov. 5 2 am**

Daylight Savings Time will end Nov. 5<sup>th</sup>, so don't forget to set your clocks back one hour before you go to bed Saturday night. Remember: spring forward, fall back. It will feel like winter has begun since it will start getting dark even earlier.

## **Medicare Annual Open Enrollment**

**October 15-December 7, 2017**

This is the once- a -year opportunity to make changes in your Medicare insurance coverage. Any change you make will take effect January 1, 2018

### **During this time frame Medicare Beneficiaries can:**

- Change from Original Medicare to a Medicare Advantage Plan – If you have original Medicare and a Part D plan, you can drop the part D and get a Medicare Advantage plan that includes your Part D. (Medicare Advantage (Part C) Plans bundle Original Medicare with extra benefits and may include prescription drug coverage. Advantage Plans are offered by private insurance companies that contract with Medicare. These companies must follow certain guidelines set by Medicare, but each Advantage Plan can charge different out-of-pocket costs and set

different rules for how you receive services (like whether you need a referral to see a specialist or if you have to use in-network doctors, facilities or suppliers). These costs and rules can change each year. Change from Original Medicare to a Medicare Advantage Plan.

- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that does offer drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another.
- Drop your Medicare prescription drug coverage completely.
- Do nothing. If you don't make any changes, your existing plan(s) will roll over at the end of the period and your existing coverage will remain in effect.

Call Senior Services at 961-9481 for help or go online to [www.medicare.gov](http://www.medicare.gov). where you can compare prescription drug plans to find out what the most cost effective one is for you.

## **Change in Volunteer Duty Scheduling**

Due to the on-going problem of finding enough volunteers to cover ten half-day shifts each week at the Center, the Board of Directors has agreed that we will now seek volunteers to cover shifts only on Monday, Wednesday and Thursday. If our City of Virginia Beach representative, Shari Wilson, is unable to be at SRC on her two regular days, Tuesday and Friday, she will notify us ahead of time so we

can provide coverage. Hopefully with fewer shifts to cover, some volunteers will not have to cover multiple shifts to fill in the gaps. We know Barbara Vaughan and Sarah Burke have done much more than their share.

## Vote November 7, 2017

Don't forget to go to the polls and vote on November 7<sup>th</sup>. By the time you read this newsletter it will be too late to register, so hopefully you already took care of that if you weren't already registered. It's not fair to complain about your government representatives if you don't participate by voting.

## Raise in Social Security Benefits Coming

The Social Security Administration will be providing a 2% raise in monthly as of January 1, 2018. This is the largest increase since 2012, although it comes to only about \$25 a month for the average beneficiary. The raise is based on the cost-of-living adjustment (COLA). Advocates for seniors claim the inflation index doesn't accurately reflect rising prices faced by seniors, especially for health care. (per Associated Press 10/14/17) Although it may be a small increase, maybe we should be thankful we will get any raise at all.

## Alzheimer's Disease Awareness Month

November is the month dedicated to helping people learn more about Alzheimer's disease and related dementias. If you are caring for someone who has memory impairment, here are some tips to help you deal with the challenges:

- Never argue, instead agree.
- Never reason, instead divert.
- Never shame, instead distract.
- Never lecture, instead reassure.
- Never say "remember", instead reminisce.

- Never say "I told you so", instead repeat/regroup.
- Never say "you can't", instead let him/her do what they can.
- Never command/demand, instead ask/model.
- Never condescend, instead encourage.
- Never force, instead reinforce.

In the heat of the battle, when dealing with someone who is very repetitive or resistant, it is not easy to practice the above suggestions, but it helps to try to remember that your responses and directions and even your tone of voice may be making matters worse. If all else fails, it's best to walk away for a few minutes (if it's safe to do so) and count to 20 to see if you can break the tension.

## A Good Time Was Had By All

Mike Newbill's well-planned bus trip to Highland, home of President James Monore, and Montpelier, home of President James Madison, was a rousing success. Lunch at Michie Tavern was so plentiful that we all opted to skip dinner at Cracker Barrel and get home an hour earlier! Thanks to Mike for being Tour Director Extraordinaire!

### 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.

### Responsibility and Oversight

#### President

Johnnie Williams 470-7186

#### Councilwoman

Barbara Henley 426-7501

#### City Liaison

Shari Wilson  
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 on line at [www.vbsrc.com](http://www.vbsrc.com) and help save printing and postage.

# November 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>President Ronald Reagan designated November as <b>National Alzheimer's Disease Awareness Month in 1983.</b></p> 				<p>8:30 Board Meeting                      9:30 Exercise (PR Rita J.)                      Line Dance Class                      Beginning                      12:30 - 1:15 pm                      Regulars                      1:30 - 3:30pm                      (Pr. Rita T)</p>	<p>9:30 Yoga (PR Linda T.)                      10:45 Conversations  <b>"Topic TBD"</b>                      (PR Houston S.)</p>	<p><b>10:00 - 12:00 Crafters</b>                      (PR Pat Jenkins)</p>
5	6	7	8	9	10	11
<p><b>Daylight Saving Time ends. Move your Clocks Back</b></p> 	<p>1:00 Dominoes   <b>6:00 to 9:30 PM CERT Training</b></p>	<p>1:00 Bingo/ Cards</p> 	<p>10:00 Photography (Sharon Prescott)                      1:00 History</p>	<p>9:30 Exercise (PR Rita J.)                      Line Dance Class                      Beginning                      12:30 - 1:15 pm                      Regulars                      1:30 - 3:30pm                      (Pr. Rita T)</p>	<p>9:30 Yoga (PR Linda T.)                      10:45 Writing (PR Houston S.)</p>	<p><b>1:00 - 3:30 Senior Resource Center and the Pungo-Blackwater Library</b></p> 
12	13	14	15	16	17	18
	<p>1:00 Bingo/ Cards   <b>6:00 to 9:30 PM CERT Training</b></p>	<p><b>11:00 to 1:00 PM Flu Shots will be available from Sentara</b>                      1:00 Bingo/ Cards</p>	<p>10:00 Antique Road Show (Pr. Jim Oglesby)  <b>Angel Tags for Gifts will be available</b></p>	<p>9:30 Exercise (PR Rita J.)   <b>No Line Dance Class</b>                       1:00 - 3:00 pm Kathleen Redmond-Rep. Scott Taylor's Caseworker</p>	<p>9:30 Yoga (PR Linda T.)                      10:45 Conversations  <b>"Topic TBD"</b>                      (PR Houston S.)</p>	<p><b>9:00-2:00 PM Oak Grove Baptist Church Craft Show</b></p> <p><b>6:30 - 9:00 pm Game Night (PR Jo-Anne R. &amp; Rita T.)</b></p>
19	20	21	22	23	24	25
	<p>1:00 Dominoes   <b>6:00 to 9:30 PM CERT Training</b></p>	<p>9:30 Blood Pressure Testing                      10:00 JOY, Aging Fabulously!                      Shawn Buckon Senior Corps                      Pot Luck to follow (PR Juanita S.)                      1:00 Bingo/ Cards</p>	<p>1:00 History</p>	<p><b>Thanksgiving Day 1:00 Thanksgiving Dinner at the SRC (PR Sara S.)</b></p> 	<p>9:30 Yoga (PR Linda T.)                      10:45 Writing (PR Houston S.)</p> 	
26	27	28	29	30		
	<p>1:00 Dominoes</p>	<p>1:00 Bingo/ Cards</p>	<p><b>11:00 Sentara Fall Prevention - Pot Luck to follow (PR Nancy A.)</b></p>	<p>9:30 Exercise (PR Rita J.)                      Line Dance Class                      Beginning                      12:30 - 1:15 pm                      Regulars                      1:30 - 3:30pm                      (Pr. Rita T)</p>	<p>9:30 Yoga (PR Linda T.)</p>	