

### Craft Show

**Saturday, Nov. 10 10:00 am-2:00 pm**

We are hosting, at the SRC, a craft show that will feature local artisans and their handiwork. This is your chance to see what talents your neighbors have and to do some holiday shopping. There will be an array of crafts, including wood carving, paintings, hand-sewn and hand-embroidered articles, Christmas decorations and more. The Senior Resource Center cookbook and the history group's book, *Glimpses of Down-County History*, will also be available for purchase. After you visit our craft show, travel down Princess Anne Road a few miles south to Oak Grove Baptist Church and attend their craft show.

### Veteran's Day Gathering and Pancake Breakfast

**Monday, Nov. 12 10:00 am**

We will honor our veterans the day after the official holiday. Meet us first next door at Creeds Elementary School to observe flag raising at 10 a.m., then return to the center for pancakes prepared by Jim Bright. We would love to have more of our seniors, especially those who are veterans, attend, so that the young scouts in attendance can meet them. This year marks 100 years since the end of World War I, so it is a special time to celebrate. So, bring a veteran friend. See inside for history of and poems about Veterans Day.



### Thanksgiving Day Pot Luck Dinner (RSVP)

**Thursday, Nov. 22, 1:00 pm**

Jo-Ann Roffler and Rita Trammell will host this annual gathering and provide the turkey. If you would like to join the SRC family for this celebration, please call the Center at [385-2175](tel:385-2175) with the number of people attending and what side dish you will bring. This has been a very heart-warming and tummy-filling event in past years, so come enjoy the great food and wonderful fellowship. Come ye thankful people come....



### 10 Signs of Alzheimer's Disease Lecture and Pot luck Lunch

**Tuesday, Nov. 27 10:30 am**

Ellen Clements, volunteer with the S. E Virginia Alzheimer's Association, will help us understand the differences between "senior moments" (intellectual interludes) and early signs of memory impairment. Most of us have had concerns when we've misplaced our keys or forgotten where we parked at the store, but we may have nothing to worry about. Dementia is a topic we are hearing so much about, but many of us just don't know what it's all about, so here's your chance to learn. Please bring a dish to share after the lecture. Don't forget!



## Annual Creeds Elementary School Chorus Holiday Concert at SRC, Friday Nov. 30 2:15 pm

The talented kids from CES will entertain us with holiday songs and also will decorate our Christmas tree with their original decorations. We will serve hot chocolate and cookies after they sing. Help us show these terrific kids how much we appreciate them by attending and bringing cookies (without any nuts please) for them to share.

## November is National Family Caregivers Month



During this period of thanksgiving, it is a perfect time to acknowledge the caregivers that we know and to thank them for their selfless caregiving.

Unless you have actually been a hands-on caregiver yourself, you most likely have no idea how much your friend, neighbor, relative or church member is doing day in and day out as a caregiver. It is probably the hardest job there is, with no paid vacation, no sick leave and certainly no pay. Millions of caregivers are providing 24/7 care to those who can't manage on their own.

Caregivers seldom have time to take care of their own needs, so their mental and physical health suffer, sometimes to the point where the caregiver dies before the care receiver. Do the caregivers you know a favor, not just this month but regularly. Call to ask how they are doing. Ask if you can run an errand for them. Stop by with a meal or treat and keep them company for a while. If possible, offer to give them relief by sitting with their loved one for a few hours. Show that you care by offering encouragement and empathy.

Let them know that attending a caregiver support group might be helpful—one facilitated by Nancy Allan meets the third Friday every month at 12 noon at Nimmo United Methodist Church.

## JOY

### Group Meeting schedule Change

Just Older Youth will not meet in November or December, but will resume in January, 2019.

## Angel Tree Gift Giving

Once again we will play Santa to some deserving Creeds Elementary School students. We hope to have gift information for you before Thanksgiving, so you can stop by or call and pick your tag. You will be given the age and sex of the student and the item that he/she hopes to receive. We ask that wrapped gifts, **with the angel tag attached**, be returned to the center by Fri., Dec. 14<sup>th</sup>. It is amazing how many gifts we provide for these needy kids and we know how much they appreciate our generosity.



## A Brief History of Veterans Day

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918—at the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both world War II and the Korean War, the 83<sup>rd</sup> U. S. Congress, at the urging of the veterans' services organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation, on June 1, 1954, November 11 became a day to honor American veterans of all wars

### The Difference Between Veterans Day and Memorial Day

Memorial Day in May honors service members who died in service to their country or as a result of injuries incurred during battle. Deceased veterans are also remembered on Veterans Day, but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime.

### Veteran's Day Poem

While many of us may be familiar with John McRae's famous poem "In Flanders Fields," few of us have heard of another poem, "We Shall Keep the Faith," written by Moina Michael. She was so moved after reading his poem that she made a personal pledge to "keep the faith", as he had urged, and wrote her own poem. From that day she vowed to wear a red poppy

of Flanders Fields as a sign of remembrance and to use the poppy flower to raise funds for ex-servicemen returning from the First World War. She described the way that the idea came to her in her autobiography, *The Miracle Flower, The Story of the Flanders Fields Memorial Poppy*, published in 1941.

As a result of Moina Michael's tireless campaigning, her complete dedication to the cause and the inspiration her idea gave to others, the delicate red field poppy has become an internationally-recognized symbol of remembrance and welfare for war veterans



**We Shall Keep the Faith**  
by Moina Michael,  
November 1918

Oh! you who sleep in Flanders Fields,  
Sleep sweet - to rise anew!  
We caught the torch you threw  
And holding high, we keep the Faith  
With All who died.  
We cherish, too, the poppy red  
That grows on fields where valor led;  
It seems to signal to the skies  
That blood of heroes never dies,  
But lends a lustre to the red  
Of the flower that blooms above the dead  
In Flanders Fields.

And now the torch and poppy red  
We wear in honor of our dead  
Fear not that ye have died for naught;  
We'll teach the lesson that ye wrought  
In Flanders Fields.

## Daylight Savings Time Ends Sun. Nov. 4

We will return to Eastern Standard Time in the wee hours of Sat., Nov. 3, so when you go to bed Sat. night, don't forget to set your clocks back an hour.



## Volunteer Shortage

Would you believe only 18 volunteers covered all the weekday slots in September? We desperately need more folks to step up to the plate so these few steadfast volunteers don't burnout. Call or stop by to sign up and schedule a brief training session. 3 ½ hours once a month is not a lot to ask.

## Vote Nov. 6<sup>th</sup>

Don't forget to get out and vote on Nov. 6. It's mid-term elections, so important Federal and local candidates are running. Don't complain about how our government is run if you don't take the time to vote. Polls will be open from 6 am to 7 pm.

## Project Lifesaver for Wanderers

Do you know someone who is able-bodied but may be a potential wanderer due to certain diagnoses like Alzheimer's disease or autism? If someone is agile enough to leave his or her home but impaired enough to forget how to return home or unable to give a first responder his/her name and address, that person would benefit from obtaining a Project Lifesaver device. The person wears a special electronic device that looks like a big watch, and it emits a unique signal that can be detected by the police once they are alerted the person is missing and a search is initiated.

## Discarding Old U.S. Flags

If you need to dispose of an old flag, put it in the box for the Charity Methodist Food Pantry and it will be processed by the Boy Scouts at the church.

Just because someone has never wandered before, don't assume it will never happen. If you are a caregiver, it only takes a minute to be sidetracked and not notice that your loved one has left the house for points unknown. Save yourself hours of anxiety by enrolling your loved one in the Project Lifesaver program which aims to find a missing person in less than 30 minutes.

## Parking Lot Directions

We suggest that we begin to use the south driveway at SRC as a one-way entrance into our lot. You will then leave the center by driving around the back and exiting the lot by the library. This will make it easier for you to see as you turn onto Princess Anne Road, and it will make it safer for incoming school buses and cars. When school is in session, it can be a challenge to enter and leave our parking places, so please be careful.

If you need this service in:  
Virginia Beach call 385-1006  
Chesapeake call 546-5502  
Portsmouth call 449-4820  
Norfolk call 328-2485

## The Importance of Executing a Will

Do you have a valid will? Executing a will regarding the disposal of your "estate" after your death is extremely important. After the recent death of famous singer, Aretha Franklin, it was announced that despite having a multi-million dollar estate, she did not have a will. Several years ago, another famous and wealthy singer, Prince, also died "intestate," without a will. However, not just celebrities and the rich and famous need to have wills. If you want your possessions and your money to go to specific heirs that you choose, a will is necessary. Every state has rules of succession, that spell out who will receive your estate if you die without a will, but it may result in that estate being distributed to individuals you did not want to be heirs.

Don't procrastinate about executing a will. Some attorneys offer special rates to seniors and also will help you execute the other legal documents you should have, including medical and financial Powers of Attorney. Also, you can consult with a lawyer to discuss the benefits of setting up a trust in place of a regular will. Do your loved ones a favor and don't leave behind a legal mess---take the time now and make a will.

## Dominion Power for Medically Impaired

If you or someone in your household requires the use of electrically-powered medical equipment (i.e. oxygen, dialysis), you can register by downloading a Serious Medical Condition Certification Form at [www.dominionenergy.com](http://www.dominionenergy.com) or call 1-866-366-4357. **The form requires a physician's statement and signature.** You must complete a form each year and it must be received within 30 days of the anniversary date of the last form

you sent. Otherwise, it will be assumed the condition no longer exists and the medical notation on your account will be removed. The email address for submitting forms is [DEMedical@domenergy.com](mailto:DEMedical@domenergy.com)

In the event of a power outage Dominion Energy will make every effort to restore service quickly. You should be prepared with battery or manually-powered medical equipment, and you should have a plan to receive proper care from someone else, perhaps at a different location, until service is restored.

## Donations

Keith and Sandra Mulkey for the SRC

Paul and Judy Brumley in memory of Ronald Spence

William and Beth Lehr to be used as needed by SRC

Anonymous- Birthday cake for 11<sup>th</sup> Anniversary celebration

### 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](http://www.vbsrc.com) and help save printing and postage costs.

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:30 Board Meeting 9:30 Exercise (PR Rita J.) <u>Line Dance Class</u> 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" <u>(PR Sarah Burke)</u> 12:00 Tai Chi (PR Gary Donovan)	1:30 - 4:30 pm <b>Game Afternoon</b> <b>(PR. Jo Anne R. &amp; Carol Todd)</b>
4	5	6	7	8	9	10
<b>Daylight Saving Time ends</b> 	1:00 Dominoes/Cards	1:00 Bingo/ Cards - <b>Election Day</b> 	1:00 Cards	<b>9:30 No Exercise (PR Rita J.)</b>  <u>Line Dance Class</u> Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing <u>(PR Jan Donovan)</u> 12:00 Tai Chi (PR Gary Donovan)	10:00 -2:00 <b>SRC Craft Fair</b> 
11	12	13	14	15	16	17
<b>Veterans Day</b>	<b>10:00 Veterans Day Celebration &amp; Pancake Brunch (PR Jim &amp; Anne)</b> 1:00 Dominoes/Cards <b>2:00 Photography (Canceled)</b>	1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) <u>Line Dance Class</u> 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" <u>(PR Sarah Burke)</u> 12:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm <b>Game Night</b> <b>(PR Jo-Anne R. &amp; Rita T.)</b>
18	19	20	21	<b>Thanksgiving Day 22</b>	23	24
	1:00 Dominoes/Cards	1:00 Bingo/ Cards <b>Joy Group will <u>not</u> be meeting in November</b>	1:00 Cards	<b>1:00 Thanksgiving Pot Luck (PR Trammell &amp; Roffler)</b> 	9:30 Yoga (PR Linda T.)  <b>No Writing or Tai Chi</b>	
25	26	27	28	29	30	
	1:00 Dominoes/Cards	<b>10:30 The 10 Signs of Alzheimer's Speaker Ellen Clements, potluck following {bring a dish to share afterward}</b> <b>(PR Nancy A.)</b> 1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) <u>NO Line Dance Class</u>	9:30 Yoga (PR Linda T.) <b>12:00 Tai Chi (PR Gary Donovan)</b> <b>2:15 PM Creeds Elementary Children Decorate Christmas Tree and Sing Carols.</b>	