

SENIOR RESOURCE CENTER, INC.

NEWSLETTER—NOVEMBER 2019

IN OUR ELEVENTH YEAR

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

Veteran's Day Celebration **Flag Ceremony, Speech and Pot Luck** **Brunch** **Monday, Nov. 11 10:00 am**

Join us for our annual gathering in honor of all those who have served our country. Meet us first in front of Creeds Elementary School for flag raising with our local Boy Scouts, and then come to the Center to enjoy a tasty brunch (if you are one of our members, bring a breakfast dish to share so we can feed the hungry kids.) Rev. John Boyer from Creeds Church of Christ will be our guest speaker on "The Life of a Soldier Doing His Job."

At past Memorial and Veteran's Day gatherings at the SRC, the scouts and their parents have far outnumbered our seniors. We encourage our "members" to attend, whether they are veterans or not, to show our support. If you know a veteran, please invite them to accompany you.

Home Winterization Tips **Pungo- Blackwater Library** **Saturday, Nov. 2 1:00-2:00 pm**



Cold weather is on its way. Want to learn how to keep the cold out and the warm in, and save money at the same

time? Join us as we learn from a home winterization expert from Taylor's Do it Center, who will answer your questions while providing you with ways to stay warm this winter and to save money. Adults. Registration is not required.

JOY **Interactive Presentation and** **Pot luck Lunch** **Tuesday, Nov. 19 10:00 am**

Just Older Youth attendees will have a chance to try out some fun tech toys from the Pungo-Blackwater Library. This is your chance to become more familiar with technology related devices that your grandkids use and love. Try Virtual Reality headsets and find out how amazing things can look. If you come at 9:30 a.m., you can have your blood pressure checked. The hands-on demonstrations will begin at 10 and the pot luck lunch will follow. Please bring a dish to share.



Thanksgiving Day Pot Luck **Feast** **Thursday, Nov. 28 1:00 pm**

Please join us for this annual gathering. Rita and Don Trammell will host the pot luck and provide the turkey. **If you would like to attend, please sign up at the Center by November 19th, or call the Center at 385-2175** to let us know how many people will be attending and what dish/dishes you will provide. This has become a heart-warming annual celebration, so gather together with your SRC family and enjoy the food and fellowship.

2019 Art of Healthy Aging Forum and Expo

Virginia Beach Convention Center
Thursday, Nov. 14 9:00 am-2:30 pm

Senior Services of Southeastern Virginia, our Area Agency on Aging,



is continuing the theme of "Aging Out Loud" for this sixth annual Art of Healthy Aging event, sponsored by Optima Health and Sentara Senior Life Care, featuring the musical styling of The Becky Livas Group. We are pleased to welcome back Mistress of Ceremonies News 3's Barbara Ciara. New this year, a panel discussion designed to address concerns and resources to help you determine your best intentions for independent aging. Attendees will have access to 50+ exhibitors, health screenings, wellness activities, a hot lunch and more! Last year's event sold out, so purchase your tickets today!

Tickets are \$20 each. Call Senior Services at 461-9481, ext. 525 or go online at www.sseva.org. The Convention Center is located at 1000 19th Street, Virginia Beach 23451

Medicare Open Enrollment Period Ends

Dec. 7 Free Counseling Available

If you have Medicare A and B, you have until Dec. 7th to make changes in your coverage for 2020.

During the Medicare Open Enrollment Period you can:

- Change from Original Medicare to Medicare Advantage, or vice versa
- Choose a different Medicare Advantage plan
- Make changes to your current Part D coverage
- Change your Medicare supplement coverage

You May Want to Change Your Plan If:

- Significant premium increase
- Doctor no longer in your Medicare Advantage plan network
- Medications are no longer covered

For free help in this process, you can call the Center at 385-2175 to make an appointment with Senior Services' rep Bonnie Dozier for a 1:1 session on Wed., Nov. 20, from 1- 4 p.m. She can assist you in evaluating what may be best for you. Take advantage of this convenient and beneficial service.

Daylight Savings Time Ends Sunday, Nov. 3 at 2 a.m.

Oh, no! It's that time of the year again! Don't forget to set your clocks back one hour when you go to bed Sat. night, Nov. 2, as Eastern Standard Time will resume early the morning of Nov. 3rd. We've already been noticing the shorter days, but now it will feel like we should be putting our jammies on at 7 p.m.



AARP/ Senior Resource Center Walking Club Wants You

AARP would like to partner with the Senior Resource Center to start a walking club. We all probably are aware that walking is one of the simplest ways to stay active and achieve a healthier lifestyle. Research has shown that walking can have a significant impact on your health by lowering your chance of heart



disease. It can also help to control weight, strengthen bones and muscles, and increase longevity. One way to make walking easier and more fun is to walk with a friend or group.

Would you like to join our first- ever walking group? In our December newsletter we will announce the date of our start-up/planning meeting at SRC in January. We invite you to join us then, so we can see how many of us are interested and decide when (time/s of day and frequency of days per week) and where we can walk together. Some suggested sites are:

- Old Pungo Ferry Road
- Military Aviation Museum
- Nanneys Creek Road
- Stowe Road

You do not have to be an AARP member, and you don't need to be a senior to join this proposed group. You just need to be motivated to get outside and get more active. We can inspire one another and get healthier too. Even if the walkers only meet as a group once a week to walk together, it could be an ideal way to supplement SRC's exercise group on Thursdays.

If you would like at least to find out more about the walking group idea, call the Center at 385-2175 and leave your name and phone number or email us at info@vbsrc.com. Plan to join us at our planning session in January and bring your ideas re walking times and places with you.



Caregiver Appreciation Needed

The entire month of November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock." Caregiving is a tough job, and we should remember the people who lovingly give baths, clean houses, shop for and comfort the millions of elderly and ill people who are friends and loved ones. Caregivers are unsung heroes, and only those of us who are or have been caregivers really understand how challenging and difficult it can be to serve as a caregiver. Make time this month of thanksgiving to do something special for a caregiver you know:

- Call and ask the caregiver how he or she is doing. We often only ask how the care receiver is doing.
- Call and set a time to drop by with a sweet treat and spend time chatting with the caregiver over a cup of tea.
- Make and deliver a home-cooked meal or give a gift card/certificate from a local restaurant or fast food shop that delivers.
- Offer to sit with the care receiver so the caregiver can briefly get out of the house or attend church.
- Offer to run an errand or pick up groceries.
- Offer to accompany the caregiver and care receiver to a doctor's appointment

You don't even need to spend a dime – just show your care and concern by making a phone call or visiting a caregiver you know. Lend a listening ear and offer support, not advice.

If your friend or relative is a caregiver and isn't already attending a caregiver support group, suggest they consider going to one:

- Third Friday monthly at noon at Nimmo Methodist Church facilitated by Nancy Allan. Call 422-1292
- Alzheimer's Assn.- various local meetings. Call 459-2405 for details.

5 Surprising Ways Volunteering Transforms Your Health

Why You Should Volunteer at SRC

Think of the last time you volunteered for something. Perhaps you chaperoned your grandchild's field trip or helped organize a food drive for your local food shelter. You probably felt pretty good after doing these good deeds, and there's a scientific reason why: According to the Corporation for National and Community Service, a study of Americans over the age of 60 found that those who volunteered reported lower disability and higher levels of well-being than those who did not volunteer. That's because volunteering improves your whole health — mind and body. Here's how:

Volunteering improves your social well-being

Volunteering often involves socializing and building strong bonds with others — and can do wonders for your health. Whether you're helping clean up your local park with a group of 20 community members or spending time at your favorite animal shelter with a few friends, you're reaping the healthy benefits of working with others.

Volunteering helps you stay active

Getting out and planting flowers in your community garden or repainting your town's library are just a few ways you can volunteer *and* get in some exercise. These types of activities help you work different muscles and build strength. Plus, they're a fun alternative to your typical workout routine. Just be sure to check with your doctor before participating in a volunteer gig that involves a lot of physical activity.

Volunteering gives you purpose

Your community, non-profit organizations, charities, and the people they serve depend on volunteers to support their causes. That's why when you volunteer, you *matter* — and this sense of purpose can have a big impact on your health.

Volunteering boosts your mood

Volunteering is uplifting — you meet new people, learn new skills, and make a difference in someone's life. Surrounding yourself with these positive vibes helps you build confidence, develop a strong support system, and feel, well, *happier*. This can help combat symptoms of depression, and since your mental health is strongly connected to your physical health, your overall health can benefit from the mood-boosting power of giving back.

Volunteering keeps your mind sharp

Challenging your brain is a great way to keep it strong. And when you participate in mentally stimulating volunteer activities like tutoring or event planning, you're doing just that. These types of volunteer activities help improve the cognitive functions of your brain, like your working memory and information processing. So, if you're looking for new ways to stay sharp, try volunteering. Find a cause that matters to you, donate the time you can to it, and enjoy what you get from giving back.

Adapted, by Rachel Queti /Aetna 9/19

WE  **VOLUNTEERS**

Institute for Learning in Retirement Update

Retired, but not tired of learning something new or fascinating? Got a couple of hours to listen to a presentation on an interesting topic by a local expert? ILR is your cure for those “what can I do today?” moments. There’s a lineup of 25 topics scheduled for the fall term. Join the ILR for only \$20 a year and \$14 for each lecture. Go online at www.ilr.org or call 756-4861.

Donations

Friends of SRC in memory of Al White’s father

Beth Swanner in memory of Ishmael W. Swanner

Angel Tree Project

Look for Angel Tree families as we get closer to Thanksgiving. The Guidance counselor at Creeds Elementary will be sharing Christmas wishes/needs with us and we will attempt to make all those wishes come true. You have always been overwhelmingly generous so let’s keep up the tradition.

Save the Date: December 6, 2019 1:00-3:00 Christmas Fa La La

The dulcimers are coming! Join friends and neighbors for the SRC’s traditional Fa La La Christmas Gala. You’ll be treated to holiday readings and lovely dulcimer tunes played by the Pungo Players. Our finger food/dessert buffet is always brimming with the goodies you bring to share. Do Come!

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

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.



November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				 National Family Caregivers Month NOVEMBER	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan) 1:00 Cards	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
3	4	5	6	7	8	9
Daylight Saving 2019 (Move Clocks Back) 	1:00 Dominoes/Cards	1:00 Bingo/ Cards 7:00 Ballroom Dancing - (PR Rita J.)	1:00 History & Cards	9:30 Exercise (PR Rita J.) No Line Dance Class	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan) 1:00 Cards	10:00 -12:00 Crafters (PR Pat Jenkins)
10	11	12	13	14	15	16
	10:00 Veterans Day Celebration, Rev. John Boyer, <u>Life of a Soldier</u> Doing His Job, followed by Brunch 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.) 10:45 Conversations "Topic TBD" (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
17	18	19	20	21	22	23
	1:00 Dominoes/Cards No Photography	9:30 Blood Pressure Testing 10:00 JOY, Technical Toys - (PR VA Beach Library) Pot Luck to follow 1:00 Bingo/ Cards NO Ballroom Dancing	1:00 History & Cards 1:00 - 4:00 Bonnie Dozier, Senior Services S. East VA - Counseling & Information Services. (By Appointment only)	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) 1:00 Cards	
24	25	26	27	28	29	30
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards	1:00 Thanksgiving Pot Luck (PR Rita and Don T.) 	9:30 Yoga (PR Linda T.) 12:00 Tai Chi (PR Gary Donovan) 1:00 Cards	