



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](mailto: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.