

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – NOVEMBER 2024

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Balance Lecture and 1:1 Assessments and Pot Luck Lunch

Wednesday, Nov. 13 10:00 am

Our presenter will be Dr. Brittany Samulski, an Assistant Professor in the Doctor of Physical Therapy Program in the School of Rehabilitation Sciences at Old Dominion University. She is also the Director of the Monarch Balance for Life Program at ODU which offers comprehensive falls risk assessment through various partnerships with insurance companies, the Virginia Beach Department of Health, and Virginia Beach Parks and Recreation. She is deeply committed to understanding falls prevention to develop tailored interventions for each person's unique needs. In addition to her lecture regarding balance and fall prevention, 5 minute 1:1 fall risk assessments will be provided by the Aging in Place Team.

This new team in Virginia Beach is a pilot program that will serve Virginia Beach residents who experience frequent falls. The team is comprised of representatives from the Virginia Beach Fire Department, Virginia Beach Emergency Medical Services and the Virginia Beach Department of Health., Kelly Lee from Public Health as the Lead Project Manager. They hope to work with individuals who need repeated 911 help due to falls and provide resources and guidance to improve the safety of the individual.

A potluck lunch will follow the lecture and assessments, so please bring a dish to share, as well as a non-perishable item for the Food Pantry.



Thanksgiving Day Pot Luck Dinner

Thursday, Nov 28 1:00 pm

Rebecca and Daryl Aldridge have again graciously offered to host this popular annual gathering. They will provide the turkey and ham, and those of you attending are asked to bring specific side dishes and desserts. Pre-registration is required, and we want to know how many people you will be bringing, and specifically what food dish/dishes/desserts you will provide. Call the center at 757-385-2175 or stop by to sign up. There's no need to stay home alone on this special holiday when you can enjoy the fellowship at the SRC.

Kindle Cones Craft

Pungo Blackwater Library

Friday, Nov 22 3:00 pm

Add an organic and aromatic spark to those cold winter nights with pinecone kindling cones for your fireplace. Adults. Registration is required.

Genealogy Buffs Alert

The history book *In Remembrance- Princess Anne County Graves- Fields, Farms and Churches* will make excellent gifts for those family members interested in local history or genealogy. These books are available at SRC for \$22.00 each.

Assuring the Safety of Your Loved One While Hospitalized

from Brain and Life Aug./Sept. 2024

A hospital stay can be overwhelming for patients and their families. During a typical stay, a patient's sleep may be interrupted for frequent vital sign checks, medications may be changed, and the dosing schedule may also differ from the schedule at home, noise levels can be bothersome and the patient may not get very much physical exercise or time out of bed. These factors can exacerbate symptoms related to neurological conditions like Parkinson's disease, stroke and dementia. Bouts of confusion or delirium may result. The risk of falls may also be elevated while in the hospital if the patient is left alone for long periods of time. Hospitalized patients who wear hearing aids or eyeglasses may have forgotten to bring those items with them, or they may be misplaced while there, causing more confusion and disorientation. Hospital staff may be unaware of a patient's baseline cognitive and functional status and may not know everything about a patient's other medical conditions allergies, medications, code status or advance directives.

Never assume that different systems communicate with each other or share electronic records. Be prepared to provide up-to-date medication lists, contact information for the patient's medical providers and a copy of the patient's advance directives and DNR. Also be sure to share information about frequent falls, incontinence and swallowing problems. It helps to advise medical personnel regarding the specific times medications are given at home so the hospital can be asked to try to follow that schedule if possible.

If the patient will need anesthesia for surgery, it's very important to discuss with the doctors the possible negative side effects. People with

preexisting cognitive impairment such as a type of dementia, are at increased risk of post-surgical delirium, cognitive decline, and poor functional recovery following anesthesia. Such delirium can occur in older patients who do not have signs of dementia as well. Ask if the surgery can be performed with mild anesthesia instead of general anesthesia.

Many hospitals now have rooms set up for families to stay overnight, and it may be very helpful to have a family member or friend to be close by. Families can often work out a schedule for relatives to take turns so the care can be shared.

The Parkinson's Association has an excellent guide, "Hospital Safety Guide" available online at www.Parkinson.org. While specific to Parkinsons, the guide can be very helpful for all older patients and families can benefit from checking it out.

Successful Butterfly Garden SRC's Pollinators Roost

SRC's Pollinators' Garden and Certified Monarch Way Station has flourished, thanks to Gaby and Tom Morrison. The season for all the butterflies and caterpillars has wound down for the 2nd year. We successfully raised eggs, released some and overwintered a few Eastern Black Swallowtail caterpillars and butterflies.

We had no Monarchs this season. We planted Golden Alexander when we created the garden, about 7 plants, which Gaby had gotten from friends and also transplanted some from her own pollinator gardens. Well, apparently SRC's butterflies really liked that plant, because the butterflies left their eggs, the eggs grew to caterpillars which pupated into chrysalis and some eclosed into butterflies. We have joined with the Butterfly Society of Va to keep track of our totals for the Citizen Science project and can be considered having a rather successful

pollinator garden project. Congrats to all that helped and supported us. Special thanks to Gaby for creating this garden for us.

Scrabble Anyone

We're trying again to see if we can schedule a regular game of Scrabble- a member is hoping so. Call us at 757-385-21275 and let us know if you're interested. Day and time to be determined.

Bye Bye Daylight Saving Time

Don't forget to change your clocks when we return to Eastern Standard Time at 2 a.m., Sun. Nov.3. That means falling back an hour- so you can stay up later. It always seems hard to adjust to days getting darker sooner.

Free Covid Tests

Free test kits are available again from the U. S. Government, up to 4 kits per households, and you can request them at www.covidtests.gov . We were also given free Covid test kits, but they will expire by the end of November and December. 2024. Check with SRC before stopping to pick any up to make sure some are still available.

New Benches Out Front

Many thanks to Alex Lewis, a local scout. SRC now has a beautiful new seating area in our front yard, complete with a table and clever solar lighting containers. Alex completed this amazing project with the help of his fellow Scouts and his family to earn his Eagle Scout

rank. We hope the benches will be put to good use by the SRC, library patrons and Creeds Elementary students. Thanks to Gaby Morrison for being our liaison for this project and to Tommy Morrison for firmly attaching the benches.

No Bars on Your Cell Phone- No Problem

If you are driving alone in a remote area and your car dies, you may not be able to get cell service. But just because your particular cell phone service provider doesn't have a cell tower in the area, it doesn't mean you can't call for help. According to AAA you can still call 911 and probably connect with emergency services, even with zero-bars reading on your phone. When you call 911, your phone sends a signal to the nearest cell tower, regardless of your cell service provider. The FCC requires all cellular providers to accept 911 calls. Newer iPhones also have a feature that can text emergency services via satellite.

311 is a simple, easy-to-remember telephone number that helps citizens with non-emergency safety concerns, animal control issues, provides referrals to available City services, and supply other City information, and can also connect you with the non-emergency police number. This is one fact presented at our recent lecture by the VB Fire Department. We also learned that we should check our home smoke alarms monthly, keep them free of dust, and replace them every 10 years. We were also reminded of the importance of having carbon monoxide alarms in our homes and garages if we have gas stoves, water heaters, etc. As you probably know, carbon monoxide is known as the "silent killer" as it is colorless and odorless. Breathing it in can restrict your breathing and can be fatal. These alarms are not expensive and may save your life.

Poem in honor of National Caregivers' Month

by *Becky Hemsley* from "What the Wild Replied"

Today I said "I'm fine", not once
 But five times altogether
 When people asked "how are you?"
 Then made small talk of the weather
 And so I hid behind my mask
 The one I'd worn a while
 I set in place my bravest face
 And dressed it with a smile
 And that was how the day went
 All "I'm fine" and talk of rain
 Until somebody asked me how I was
 Then asked again
 They asked if I was truly fine
 And I said I was not
 And they said they were sorry
 That they couldn't do a lot
 But then they sat beside me
 Whilst I spoke the truth at last
 They listened and they held me
 As the tears slipped through my mask
 And where before, I'd felt I should
 Maintain this brave façade,
 I realized there was much to gain
 By letting down my guard
 See, though my load was still the same
 It now was not as heavy
 'Cause sitting and offloading it
 Had helped a bit already
 Today they asked "how are you?"
 And I told them I was fine
 'Til someone saw behind the mask
 And asked me one more time
 And though they may have felt
 That there was little they could do
 They'll never know how much it meant
 To tell someone the truth.

This poem hopefully will remind you to check in with and check on your relatives and friends who are caregivers and truly ask how **they** are

doing. Most caregivers get no thanks, yet it is one of the hardest jobs in the world. For caregivers who keep their loved ones at home, their job is 24/7, often with very interrupted sleep and little or no break from their duties. If a caregiver has placed their loved one in a facility, as a caregiver they are still very involved in the care, so be considerate of them too. Think about what you can do for a caregiver you know- ask for a specific task or chore you could do for them- drop by with lunch or offer to make dinner (or have a meal delivered), run an errand for them, or offer to sit with the person who needs care so the caregiver can leave the house for a short while. Caring for the caregiver is important and you can provide that in simple ways.

Christmas Book Drive for Connect With a Wish

If you'd like to bring joy to a foster child, buy a new book. This local charity is asking for books for 0- 3 years of age-and will accept books through Nov. 30. Deliver unwrapped books to SRC and we will make sure the charity receives them. If you want to find bargain priced kids' books, go to Ollies at Hilltop.

2025 Social Security COLA Adjustment

The Social Security Administration has announced that the cost-of-living adjustment (COLA) for 2025 will be 2.5%. The increase will be effective January 1, 2025. This translates into an average increase of more than \$50 per month. We saw a bigger increase in 2023 (8.7%) and in 2024 (3.2%.) The smaller increase for next year is due to moderating inflation. Unfortunately, the projected increase for Medicare Part B premiums is 5.9%, \$185, compared to the 2024 premium of \$174.80. As they say, in one hand and out the other.

Princess Anne Independent News

We were very sad to read in the 10/6/24 issue that editor/publisher John-Henry Doucette will be publishing his final issue December 15, 2024. John-Henry has provided excellent news for more than a decade, and has provided very helpful, in-depth voter guides at election time. He's been very supportive of the Senior Resource Center. We will sorely miss his publication. He mentions in his "From the Editor" column in the 10/6/24 issue that he is working on something new, regarding professional journalists accurately covering public affairs news. We look forward to his next chapter. Best of luck to you, John-Henry and thanks for your fine work. His recent column is posted at SRC or you can google "From the Editor we're grateful."

Things No One Tells You About Aging

from Web MD 8/7/2024

1. Fewer of us are grumpy old men or women- We often grow more agreeable as we age and are less likely to get angry.
2. We play well with others. You may have more insight into how others think and feel, so it may be easier to get along with others.
3. You may find your sense of smell and taste, so you may want to try spicing up your food more and using herbs for flavor.
4. While hair on your head may be thinning, ladies may find whiskers on their chins and men may have more hair in their noses and ears.
5. Sleep patterns can change so you may get sleepier earlier and wake up earlier. It's still important to try to get a good night's sleep.

6. Migraine headaches may go away- a welcome change for those who have suffered from them.
7. Early retirement isn't for anyone. If you are still physically and mentally able to do your job and still enjoy going to work, delaying your retirement might be the best thing for you. A formal fall and balance assessment by a physical therapist can be a big help in boosting your confidence and safety.
8. Self-esteem may increase as we age, but if health conditions arise it may be hard to feel confident. After retirement, we may need to search for a new sense of purpose as well.
9. Stress lessens- it doesn't mean we are stress-free, but hopefully we find ways to enjoy our daily lives.

As Art Linkletter once said, "old age isn't for sissies" but we all do the best we can with what we have.

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
757 470-7186

Vice President

Sharon Prescott
757 630-2660

Treasurer

Pat Jenkins
757 618-5304

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
757 426-7501



Newsletter

Nancy Allan
757 422-1292
Anne Bright
757 426-7832



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November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
3	4	5	6	7	8	9
Daylight Savings Ends	2:30 Bonkers for Bunko at the PBL, Reg Req. (757) 385-0150 (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 (Angie V.)	**8:30 am Board Meeting ** Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	
10	11	12	13	14	15	16
	Veterans' Day Federal Holiday SRC Closed 6:00-8:00 pm Creeds Athletic Assoc. (PR Brittany Nosay)	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.)	10:00 am - 12:00 B Samulski/ODU Fall Prevention Lecture & 1:1 Balance Assessments & Pot Luck (PR N Allan) 1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	 6:00 to 9:00 PM Game Night (PR Rita T.)
17	18	19	20	21	22	23
	10:00-12:00 SRC Crafters for Charity C4C - (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.)	9:00-4:00 Medicare 1:1 Benefit Counseling Sign Up (Eileen Churchill)	No Line Dancing Classes 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke **12:30 Cards (Card Group PR) ***3:00 pm Kindle Cones PBL, Reg. Req. (Angie V)	
24	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 pm SRC Thanksgiving Feast Annual Pot Luck (Reg. Required) ****Thanksgiving Day*****		