

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – SEPTEMBER 2019

IN OUR ELEVENTH YEAR

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

JOY Resumes

Tuesday, Sept. 17 10:00 am

JOY(Just Older Youth) begins a new season, meeting the third Tuesday of each month from Sept. – May. Guest lecturers begin their program at 10, but if you'd like to have your blood pressure checked, come at 9:30. This month the speaker will be Debbie Capps, R.N. with the Virginia Beach Health Department who takes your blood pressure. She will talk about diabetes. A pot luck lunch will follow the presentation, so please bring a dish to share. This group is open to everyone and you'll enjoy the fellowship.

We thank Juanita Swoope for all her help at the helm of JOY. Juanita would very much like to retire from this position, so please let us hear from you if you are willing to serve as the coordinator of this popular group.

Hospice Care and Hospice House of South Hampton Roads

**Lecture and Pot Luck Lunch
Monday, Sept. 30 11:00 am**

We will host a special 2-part lecture regarding hospice care. Often misunderstood and underutilized, hospice care is special care for someone who has a terminal illness with a 6 month or less prognosis. It is provided by Medicare at no charge and is an enormous help to both the patient and the family.

Brenda Cobb, Community Liaison and Medical Social Worker with Interim Healthcare will help us understand what hospice is all about and how it can be obtained. Her presentation is titled "Art of Caring- Benevolence."

Terry Jenkins, one of the co-founders of the Senior Resource Center, will tell us about the wonderful project she is spearheading, the Hospice House of South Hampton Roads. It will be the only waterfront, residential hospice home in the region designed and used exclusively to serve those with end-of-life illnesses and their families. It will be built in the Red Mill area and will be a valuable and much needed resource for our community.

After this double lecture we will have a pot luck lunch, so please bring a dish to share. We encourage you to attend this important event as we all need to become better educated about hospice care.

Antiques Appraisal

Wednesday, Sept. 18 10:00 am

Our favorite antique expert, Jim Oglesby, returns to appraise your prized possessions. Bring no more than 3 items per person and find out if you may have a treasure.

**HAPPY
LABOR
DAY**



Creeds Elementary School Senior Reading Buddies Needed

With the new school year already started, Creeds Elementary School is gearing up to resume their Senior Reading Buddies program. Anne Horsley, CES Reading Specialist, will hold a training and kick off meeting on **Monday, September 23 at 9:30 a.m.** at the school for all interested volunteers. This is a special mentoring opportunity that provides valuable help to the students. Several of our “members” have been reading buddies in past years and have shared that it was a wonderful experience for them. You would provide once a week assistance for only an hour as a volunteer, so please consider signing up.

Benefits Counseling Wednesday, Sept. 25 1 - 4 pm

Senior Services’ (our Area Agency on Aging) representative, Bonnie Dozier, will see you 1:1 at SRC by appointment only. If you need her help with Medicare questions and other resources and services for seniors, call SRC at 385-2175 to sign up for a free session. A reservation is required.

Take advantage of this convenient resource that can help you:

- Apply for Medicare
- File Medicare claims and resolve billing issues
- Choose a Medicare Advantage plan
- Choose a Medigap (Medicare Supplement) plan

- Learn about the difference between standard Medicare, Medicare Advantage Plans, and Medigap Plans
- Understand your Medicare premiums
- Check your eligibility for assistance with Medicare cost and assist with applications
- Find other resources through Senior Services

Farmers Market Hoedown Schedule

These free outdoor concerts are held at the Farmers Market (at the corner of Princess Anne and Dam Neck Roads) every Friday night from 7 – 10 p.m. They perform, rain or shine. Bring your own chair or blanket and enjoy the great music.

Sept. 6	Dallas Band
Sept. 13	New City Sound
Sept. 20	The Long & Short of It
Sept. 27	Timeline

Neptune Festival Senior Gala Wednesday, Sept. 4 7 - 10 pm Virginia Beach Convention Center

Don't settle for another night of Bunco or Bridge. Dust off those dancing shoes and head out for a night of big band sounds by Glen Boswick and the Sound of Swing Orchestra, delicious food, and of course, a visit from the King.

Don't forget to foxtrot your way to the gorgeous buffet laid out in case you manage to work up an appetite throughout the evening. Dinner? Dancing? Cocktails? Oceanfront? What more could you ask for

in a night out with Neptune? This is one evening Hampton Roads Seniors will not want to miss.

Ticket Information: Tickets are \$15/person, and **reservations with payment must be made in advance.** Tables of 10 may also be reserved for \$150. Call the Neptune Festival office to make your reservation at (757)498-0215. **All attendees must be over the age of 62 and are subject to ID check at the door.** No refunds.

Venue: Virginia Beach Convention Center Ballroom, 1000 19th Street, Virginia Beach, VA 23451. **Valet parking is available**

More Food for Thought from Dave Barry's *Lessons from Lucy*

1. Make new friends and keep the ones you have.
2. Don't stop having fun, and if you have stopped, start having fun again.
3. Pay attention to the people you love, not later, but right now.
4. Let go of your anger unless it's about something really important, which it almost never is.
5. Try not to judge people by their looks and don't obsess about your own.
6. Don't let your happiness depend on things. They don't make you happy and you'll never have enough anyway.
7. Don't lie unless you have a really good reason, which you probably don't.

Needle Felting Class Pungo-Blackwater Library Saturday, Sept. 14 1 - 3 pm

Needle felting is the process of transforming wool into 3D objects using a barbed needle. With just a few basic tools and a simple tutorial, you'll be on your way to making adorable, fuzzy animals, or any other felted creations you can dream up. **Registration is required** and begins at 10 am on August 29, 2019.

Visit www.vbgov.com/library-events or call 385-7790.

School Starts Tues., Sept. 3

Be mindful that the 2019/2020 school year begins on September 3. There will be many school buses and cars going through our parking lot, so be prepared. We again suggest that you exit our parking area by going around the rear of our building and exiting by the library.

Shall We Dance?

Rita Joyner, our terrific exercise instructor, is again offering ballroom dance class if there is enough interest. She would host lessons on the 2nd and 4th Tuesdays each month, from 7 – 9 p.m. Ballroom dancing is back in vogue, so here's your chance to either learn how to dance or to refresh your memory, have some fun and exercise too. Call us at 385-2175 to let us know you are interested, and we'll see if enough of you would like to take advantage of this neat opportunity. Our members and their adult children are welcome to join this class.

Bingo Donations and Nibbles

The weekly bingo gathering could use your help. If you are able to provide small items to be used as gifts and/or can bring some goodies for everyone to eat, it would be appreciated. It would be lovely if everyone who enjoys playing pitched in. Thanks to Marie Flynn for her many years of making such delicious food for everyone.

New Creeds Elementary Principal

We welcome Mr. Doug Knapp to Creeds Elementary School as the new principal. We look forward to working with him and hope we can explore new intergenerational activities with the students.

Social Security Scams Increasing

Here are the facts:

- Government employees will not threaten to take away benefits or ask for money or personal information to protect your Social Security card or benefits.
- Scammers can fake your caller ID. So, don't be fooled if the call seems to be from the SSA's real phone number (800) 772-1213 or the SSA Inspector General's Fraud Hotline number.
- If a caller asks for your Social Security number, bank account number or credit card information, hang up. Report suspected scams to the SSA Inspector General at (800) 269-0271 or

oig.ssa.gov/report. Visit IdentityTheft.gov/SSA for more tips.

(From Federal Trade Commission Consumer Alerts)

Free Publications Available at SRC

Booklets:

Phone Scams

Net Cetera: Chatting with Kids About Being Online- helpful tips to keep your grandkids safe online

Heads Up: Stop, Think, Connect- staying safe online for adults

10 Things You Can Do to Avoid Fraud

Tip sheets:

Avoiding Identity Theft

Using Debit Cards

These publications are all free from the Federal Trade Commission and are worth the reading. Located on resource table on your left as you enter SRC

STEADI-Rx

New Tools for Pharmacists to Help Reduce Patients' Fall Risk

As medication experts, pharmacists can help reduce the risk of falls. The Center for Disease Control's new STEADI-Rx initiative provides tools and resources for pharmacists to screen patients and assess and coordinate care with healthcare providers.

STEADI stands for Stopping Elderly Accidents, Deaths and Injuries. The program will provide guidance to pharmacists on how to screen their patients/customers, assess their

medications and intervene to reduce fall risks.

Certain medications can increase fall risk. Many older adults take medications for sleep disorders, anxiety, high blood pressure, and/or or chronic pain. Side effects from these drugs can change the way a person feels or thinks and can cause drowsiness, loss of balance, changes in vision, slower reaction time, and other effects that increase the risk of falling. Falls are serious, causing 30,000 deaths of older adults in 2017.

STEADI-Rx will allow your pharmacist to:

1. Screen you for fall risk at the pharmacy
2. Perform a medication review
3. Share information with you and your doctors

Make sure your pharmacist and doctors know about all the prescription and over-the-counter medications you take so you can be properly advised.

Save the Dates

Two annual events for seniors will take place this fall. Look for information about them in the October and November newsletters:

Virginia Beach Mayor's Commission on Aging - Senior Showcase Oct. 30 at Princess Anne Rec Center

Senior Services of Southeastern Virginia - The Art of Healthy Aging - Aging Out Loud- Nov. 14 at Virginia Beach Convention Center

Board of Directors' Changes

The Board has accepted the resignations of **Wayne Davis** and **Nancy Daniels** and we thank them for their service.

Board Member **Julie Coppedge** has been elected as the Board's new secretary and we appreciate her willingness to serve. We also thank **Judy Cannon** for her previous secretarial duties.

Donations

Nancy Smith for the SRC to use as needed
Beth Swanner to thank SRC for a place to go to be with friends and meet new friends as well as to enjoy the wonderful events held here

Caroline Thrasher to be used as needed
Don and Rita Trammell in memory of Robyn Wallace, daughter of Kathy Pennington

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.

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	 SRC will be closed	Schools Starts - Expect lots of Traffic in the morning 1:00 Bingo/ Cards	1:00 Cards	8:30 Board Meeting 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 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)
8	9	10	11	12	13	14
 HAPPY GRANDPARENTS DAY!	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 History & Cards	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	10:00 -12:00 Crafters (PR Pat Jenkins)
15	16	17	18	19	20	21
	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	9:30 Blood Pressure Testing 10:00 JOY, Debbie Capps, Public Health Nurse, Lecture on Diabetes Pot Luck to follow (PR Junita S.) 1:00 Bingo/ Cards	10:00 Antique Appraisal (PR Jim O.) 1:00 Cards	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 Conversations "Topic TBD" (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan) 1:00 Cards	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
22	23	24	25	26	27	28
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	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	
29	30					
	11:00 New Hospice House Terry Jenkins/ Hospice Care Brenda Cobb Lecture/Pot luck (PR Nancy A.) 1:00 Dominoes/Cards					