

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – SEPTEMBER 2019

IN OUR ELEVENTH YEAR

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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**

