

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



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