

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – APRIL 2020

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

The Senior Resource Center will be operating according to the health situation at the beginning of April. Our first consideration will be the health and safety of our patrons. Please check the website and the message board outside the building for updates on times of operation.

Getting to Know You Chit Chat Gathering

Tuesday, April 14 11:00 am

Continuing with our 2020 theme of “Getting to Know You,” we will enjoy learning more about one another. Although we may see one another often at SRC, we may not know a lot about each other. It’s fun to discover more about the years of each other’s lives leading up to the present. We have lots of experiences and journeys to share.

Bring a dish to share for the pot luck that will follow the conversation.

JOY Lighthouse Lecture and Pot Luck Lunch

Tuesday, April 21 10:00 am

Steve Harrington will treat us to a lecture about lighthouses. He is a local resident, but has visited a multitude of lighthouses that he has drawn and photographed.

His lecture will begin at 10 a.m., but you can come at 9:30 if you’d like to have your blood pressure checked. Bring a dish to share at the pot luck that will follow the presentation. JOY (Just Older Youth) is open to everyone, so come on down.

Annual Volunteer Appreciation Luncheon

Monday, April 27. 11:30 am

This is the Senior Resource Center’s opportunity to show our appreciation to all of our volunteers for all that they do for us. Without our dedicated volunteers, the Center would not exist. Our wonderful volunteers lead our many group activities, provide the monthly newsletter content and mailing, serve on the Board of Directors, and cover “desk duty” so that visitors can be greeted and phone calls answered. They help keep the center in tip-top shape and generously help supply whatever we need to operate.

No need to pot luck it this time around--- lunch will be provided. Please R.S.V.P. by April 21 by calling the center at 385-2175 or emailing us at info@vbsrc.com. You are welcome to bring a guest and we especially encourage you to bring a guest who would be interested in becoming one of our volunteers. We continue to need additional volunteers so the current volunteers don’t get stuck having to cover multiple duty shifts.

If you are not able to join us for this event, know that we are very grateful for your invaluable service.

We ♥
Volunteers

Important Documents for Seniors

Healthcare Decisions Day, April 16, is designed to raise public awareness of the need to plan ahead for healthcare decisions related to end of life care and medical decision-making whenever patients are unable to speak for themselves, and to encourage the specific use of Advance Directives to communicate these important healthcare decisions. It is very confusing to most of us to understand all the different documents that we should consider executing. Here is a list of some of them. You would need an attorney to complete some of them, but you can process your own Advance Directives and DNR (the latter requires your doctor's signature as well):



health care decisions that must be made for you, if you are unable to make those health care decisions for yourself. An Advanced Healthcare Directive, also known as a healthcare proxy or healthcare Power of Attorney, gives the person you choose the authority to make healthcare decisions on your behalf if you become unable to do so for yourself. One of its most important benefits is that it can prevent the court proceeding known as guardianship. The end result of a guardianship process is that the court chooses who will make healthcare decisions for you in the event of incapacity. Unfortunately, the person chosen by the court might not be someone you would have wanted to make these decisions. In addition, the guardianship process is time-consuming, expensive and stressful for everyone involved.

Advance Medical Directives

If you become too ill to make decisions about your medical care, will your health care providers and your family know what your wishes are?

You can make your healthcare wishes clear. An Advance Medical Directive, sometimes called an Advance Health Care Directive, is documentation which allows you to indicate your preferences regarding medical treatment if you are unable to articulate those preferences yourself. In an Advance Medical Directive, you can make your wishes clear regarding specific surgical procedures or treatments that you want to have provided, or withheld, as part of your care, such as artificially administered fluids or nutrition, organ or tissue donation, and resuscitation efforts.

An Advance Medical Directive also can be used to appoint an individual to act as your agent for

The quality of your medical care will not be influenced by your having an Advance Medical Directive in place. If your health provider is unable, as a matter of conscience, to comply with your directives, all reasonable steps must be taken to transfer your care to another provider.

What is a Living Will?

A living will is often created in conjunction with a Power of Attorney for Healthcare/Advance Directive. This document specifies the medical services the incapacitated or terminally ill patient does or does not want to receive in an end of life situation. For example, a living will might forbid the use of certain types of medical treatment that you would not want utilized to prolong your life by extraordinary means, or forego the provision of food or water if these must be supplied using tubes or other invasive medical techniques. A properly designed estate plan should contain both a power of attorney for healthcare and a living will.

What is a Power of Attorney?

A Power of Attorney, also known as a POA, is a document created to appoint an individual or organization to handle your financial affairs while you are incapacitated or unable to make decisions yourself. This authority should include fixing taxes, selling real estate, acquiring life or health insurance, and entering into contracts. A well drafted POA should also include provisions for long-term care planning, such as your agent's ability to create and fund revocable and irrevocable trusts, make gifts and apply for programs such as Medicaid and VA Aid and Attendance benefits.

What is a Will?

A Will is a legal document that controls the distribution of property when a person passes away. It allows you, rather than formulas set by the Virginia Statutes, to specify, "Who gets what." A Will can also allow you to name the person or institution (called the executor) you want to manage your estate upon your death, allow real estate and other assets to be sold upon your death without a court proceeding, leave gifts to charity, and name a guardian for your minor or disabled children. A Will can also allow your spouse to become immediately eligible for Medicaid while preserving your assets for his or her benefit after you pass away. (Adapted from Hook Law Center and the Law Office of Angela Manz)

What's a DNR?

The Virginia Durable Do Not Resuscitate (DNR) order form is a statement letting emergency service personnel know that a patient does not want to receive life-saving treatment during a medical emergency where they are not breathing or do not have a heartbeat.

"Durable Do Not Resuscitate Order" is a written document signed by the doctor and the patient authorizing the withholding of

cardiopulmonary resuscitation in the event of cardiac or respiratory arrest. Cardiopulmonary resuscitation shall include cardiac compression, endotracheal intubation and other advanced airway management, artificial ventilation, defibrillation and related procedures. This form can now be printed from the State of Virginia website and has to be signed by the doctor.

What is a P.O.S.T?

A POST (Physician Orders for Scope of Treatment) form is a physician-signed order form which communicates and puts into action treatment preferences for patients who are nearing the end of their lives. POST is based on the ethical principle of respect and patient autonomy and the legal principle of patient self-determination. All competent adults have the right to make their own healthcare decisions. POST is designed to help healthcare professionals know and honor the treatment wishes of their patients.

POST is intended for those with a terminal illness, or those dealing with a chronic progressive illness, like advanced heart or lung disease or cancer, that has spread. Those who are frail and elderly may benefit from a POST, as well. An individual can only obtain this form from a doctor. It should be completed only after the patient (or, if the patient lacks capacity, the patient's health care agent) has an advance care planning discussion with a physician. The POST form also has a Do Not Resuscitate section that can stand in place of a separate DNR form.

Take the time to learn about these various documents, check to see what you already have or still need, and have the necessary discussions with your loved ones so they will know what your wishes are.

Save the Dates

Fond Memories, our favorite singing group, returns on Friday, May 1, at 7 p.m. This very talented quartet brings such energy and enthusiasm to each of their performances--- you don't want to miss it. While their performance is free, we do pass the hat for donations to help them with their needs.

Mother's Day Tea Friday, May 8 from 1 – 3 pm. Ladies and gents welcome. Enter the Bonnet Contest by wearing a hat, but you can come hatless as well.

Special Recycling Drive-Thru Event

Saturday April 18 10:00 am-2:00 pm

Bring your items to Mt. Trashmore, the parking lot adjacent to the YMCA (enter from South Blvd.)

Dispose of hazardous waste like paint and household cleaners, medications, recycle old metal and unwanted electronics, and shred your personal documents. Review the acceptable items list for each type below.

Electronics Recycling - Provided by Goodwill Industries (no tube TVs)

Metals Recycling - Provided by Virginia Beach Public Works Department

Document Shredding - Provided by Eggleston; 6 boxes per vehicle

Household Hazardous Waste Disposal - Provided by Virginia Beach Public Works Department; no more than 5 gallons of liquids or 75 pounds of dry chemicals; must be in original containers with labeling intact

Prescription Medication Take-Back Program – Provided by VBPD

New Walking Group

For those interested in joining our new walking group, the place, times and days to walk on a trial basis for six weeks have been set. After six weeks, we will meet again to make changes to the schedule or add locations. We will walk at our own pace on the days and times, **starting Monday, March 16**, at Munden Point Park, by the office. Mon/Wed/Fri at 8 a.m. or 10 a.m. – you choose which time suits you. For more information, call SRC and leave your name and phone number or check the bulletin board at the center.

We thank our Rita Trammel and AARP member Olivia Dabney for getting this new activity off the ground.

Farmers Market Hoedown Begins a New Season April-October

Do you know about the Virginia Beach Farmer's Market? This unique venue is open year-round and features a variety of agriculturally inspired shops and related businesses that offer seasonal, fresh vegetables and fruit in addition to many other products. It is located at the corner of Princess Anne Road and Dam Neck Road, across from Landstown Commons Shopping Center and near Sentara Princess Anne Hospital.

The market hosts many special events, including Friday Night Hoedowns. These concerts are free and open to the public. They are held outside every Friday night April – October, from 7 – 10 p.m., rain or shine... They provide a fun and festive night of live, local music, and you are encouraged to line dance, so wear your cowboy boots. Bring a lawn chair or blanket and bring the grandkids along.

Hoedown Band Schedule for April:

April 3 Dallas Band
 April 10 New City Sound
 April 17 The Long & Short of It
 April 24 TimeLine

Kudos to Rita Jones

Rita Jones, an active member of the Senior Resource Center's writing group, produced and directed an incredible Black History Month celebration for us on Feb. 28. If you did not attend, you missed a grand show! Her theme of "One Quilt, Many Threads" was represented by dance, poetry, music and history, all woven together to help us realize what a wonderful heritage surrounds us.

Rita had decorated the Center for the whole month of February with an amazing assortment of historical and cultural pictures, artifacts and information that made our main room look like a museum. We were all astonished by the transformation she had provided. We enjoyed the beautiful native attire worn by many of our attendees and we loved the musical entertainment provided by the chorus from Creeds Elementary School and Donna Munden and her dad, Sam Baker. Be sure to let Rita know how much you enjoyed her production and ask her for an encore program next year!

Farewell to Another Special Friend

Our oldest SRC member, Leonard Deline, passed away Feb. 28. We are so glad that we were able to surprise him with a wonderful 100th birthday party in August. He was a well-loved card player at the center and he will be sorely missed. His obituary stated "his activities consisted of membership in the SRC, where he played cards, enjoyed parties, and was spoiled by all his friends there with great food, care and so much love." We are glad to see we brought some joy to Leonard and we thank Judy Hall for her tender, loving care.

Belated Thanks To all who provided food for the February First Responders Appreciation Lunch. The pork and collard greens as well as the other sides and desserts were quite a hit with the first responders.

Need to Shred? Did you know the SRC has a large paper shredder which you are welcome to use? If you are sorting through paperwork while preparing your income taxes, bring your unneeded records to the center and shred them for free. It is much safer to shred any paperwork that might contain account numbers, financial information, etc. and avoid discarding them in your regular trash.

Donations

Judy Hall in memory of Ed Hall, Leonard Deline and Patty Holmes

Susan Myers in memory of Patty Holmes and Leonard Deline

Kenneth and Jo-Ann Roffler in memory of Patty Holmes and Leonard Deline

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.

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
National Volunteer Month				8:30 Board Meeting 9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) Canceled until further notice Writing Tai Chi	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
5	6	7	8	9	10	11
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) Canceled until further notice Conversations 12:00 Tai Chi	10:00 -12:00 Crafters (PR Pat Jenkins)
No School - Spring Break						
12	13	14	15	16	17	18
	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	11:00 Getting to Know You - Chit Chat - Potluck Lunch to follow (PR Anne B.) 1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) Canceled until further notice Writing Tai Chi	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
19	20	21	Earth Day 22	23	24	25
	1:00 Bingo/ Cards	9:30 Blood Pressure Testing (Hillary Ho Sang) 10:00 JOY, Topic: Steve Harrington Chesapeake lighthouse. Pot Luck to follow (PR _____.) 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 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) Canceled until further notice Conversations 12:00 Tai Chi	
26	27	28	29	30		
	11:30 Volunteer Appreciation Luncheon (PR Nancy A.) 1:00 Bingo/ Cards	1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)		