

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – APRIL 2024

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

Death for Beginners Lecture and Pot Luck Lunch Monday, April 8 11:00 am

Karen Jones will be our speaker- a name you might recognize. She was an anchor on local WVEC news for 15 years, has taught courses and classes on writing, and is a published author. *Death for Beginners* is her non-fiction book that looks at funerals, burials, wills, etc.- all those things we hate to think about, let alone talk about and plan. Here's your opportunity to learn how to prepare for that inevitable day. Worksheets will be provided, and her book will be for sale. It won't be a grim and scary presentation, and you may even find reason to laugh.

Bring a dish to share at the pot luck lunch after the lecture. We also encourage you to bring a non-perishable food item for the Charity Food Pantry that serves our rural area.

Since we do not charge any membership or admission fees, we hope you will be able to spend a dollar or two on a box of cereal, jar of peanut butter, etc. You may pick up a short list of the pantry items most in demand on the table to your right as you enter the center.

Pet Portrait Pop Art Class Pungo-Blackwater Library Wednesday, April 10 3:30-5:00 pm

Pop into our library on National Pet Day and turn your beloved companion into a work of pop art. Bring a photograph or photocopy of your pet, or any animal you wish, and we'll help you create a pet-tacular work of art. Adults 18+. Registration is required. Call the library at 757-385-0150.

Annual Volunteer Appreciation Luncheon Monday, April 29 11:30 am

This event is our annual celebration of all the volunteers who make the Senior Resource Center possible. Without the help of our dedicated and dependable volunteers, the SRC would not exist. From our faithful activity leaders, to the newsletter committee, the "duty" people, the Board, and ALL the others (please do not get upset if I didn't mention your "job") you keep us up and running five days a week. We have had no City of Virginia Beach representative for several years, but somehow, miraculously, we keep on ticking. We have shown how it "takes a village" and we have shown what community spirit is all about. Thank you, thank you for everything you do for us.



This is not a pot luck, so just come to enjoy yourselves. Please RSVP by April 24th, so we'll know how many to expect. This is for volunteers only.

AARP Driving Class April 17 & 18 9:00 am-12 noon

It's not too late to sign up for this class. Sharpen your driving skills and refresh your memory regarding rules of the road. Call the center at 757-385-2175 to sign up.

Bonkers for Bunco

We hope you take note of the twice a month Bunco games at the library next door. No registration is necessary, just show up and play. You'll love it!



Public Health Focus Group on Health Barriers in the Community at SRC

The Virginia Beach Public Health Department will be hosting many local focus group meetings to identify and discuss health barriers in our community. One will be held at the SRC on Fri., April 19, from 10a.m. - 2p.m. It is limited to 10 people. You will receive a \$25 gift card for participating and light refreshments will be served. Call Maleah Amos at 804-489-6349 to register or go online to:

<https://forms.office.com/g/tDLg6L76ku>

National Health Care Decisions Day April 16, 2024

This special day is observed annually, to highlight the importance of executing the Advance Directive documents you need to make sure your wishes are followed regarding the health care you want or don't want to receive. Someday you may need to make some important decisions about your healthcare, but what if you are incapacitated and can't communicate? A sudden stroke, a horrible car accident, a bad fall may make it impossible for you to speak. That's why it is so important for you to plan ahead and complete the legal paperwork.

Advance Directives are legal documents that provide instructions for your medical care and only go into effect if you cannot communicate your own wishes. Two of the most common advance directives for health care are the Living Will and Durable Power of Attorney for Health Care. You can complete a free advance directive, without an attorney, by downloading a form at www.vsb.org (Virginia State Bar) Before you complete this form, you need to:

- think about what your wishes are.
- Talk about your wishes with the person or persons you choose to be your "agent and tell them what you specifically want and don't want to be provided for you medically. Don't name a representative without talking to the person first.

As much as we shy away from any thoughts or discussion about severe illness or death, it is vital to preplan. Consider it a true gift to your family and loved ones to save them from the heartache and stress of facing critical medical decisions for you when you have a medical crisis but have no advance directives. Do yourself and them a favor by taking care of this issue ahead of time. To help you to have those initial conversations, go to www.virginiaadvancedirectives.org. and www.nhdd.org. AARP also has helpful information.

DNRs- Do Not Resuscitate forms are yet another legal document that is important to learn about. Even attorneys confuse this document with Health Care Power of Attorney, but they are not the same thing. You can now print the State of Virginia DNR form from your computer- go to: www.vdh.virginia.org This form applies only when a person has stopped breathing and has no heartbeat. The form requires your doctor's signature as well as your own (or your Power of Attorney.) It is the only document that the rescue squad can

acknowledge in order to not attempt to resuscitate you. If you are inpatient in the hospital and it has been noted that you are a Do Not Resuscitate), the staff would note in your medical record “No Code” or “DNR. If the rescue squad comes to your home, they must be able to see the actual document in order to stand back.

A DNR is not usually needed if you are in good health, as in many cases, a person can be resuscitated, brought back to life, and go on to live longer. But if you are elderly, with severe chronic conditions or end-stage dementia, it may be your choice not to have extraordinary procedures attempted if you experience cardiac arrest. All these different documents to consider- it may make your head spin, but once you have processed whatever forms you choose, you can breathe a sigh of relief, knowing your plans are complete.

Keep in mind you do not need to hire an attorney to execute an Advance Directive if you print out the form as detailed above. In addition, a DNR is completed by just you and your doctor- no lawyer is involved



Senior Safety Seminar

If you missed this terrific training on March 4, we hope to have the next step in self-defense training in the future. The Virginia Beach Sheriff's Office chose the SRC to debut their new training seminar, Senior Safety for Seniors. What an eye opener! We learned how we need to have more “situational awareness” by paying more attention to what is going on around us. We now know how to recognize a threat by using a “traffic light” system:

- Green means everything is just fine and there is no safety threat.
- Yellow means something just feels off, something's not right.
- Red means the threat is real and you need to act.

Some of us practiced some simple techniques, like asking the person approaching us to step back, avoiding arguments, yelling “stop” or “stay back,” yelling for help, calling 911 if we feel in imminent danger. With an increasing number of sudden attacks on the elderly, we need to learn how to better prepare ourselves for the unexpected. If you know of a church or civic group that would benefit from this training, call the Sheriff's Office Public Information Office at 757-385-8446

Irish Dancers

If you weren't able to attend the Rhodes Academy of Irish Dance's performance at Creeds Elementary on March 10, you missed an amazing show. They brought many more dancers this year, and we loved seeing 10 adorable little girls who are beginners. In case you didn't know, one of their lead dancers, Ena Dawson, is the same young lady who has provided the SRC with the wonderful Christmas luncheon for two years! She is multi-talented and as sweet as can be. She and her family will again spoil us with another holiday lunch in December. We love you, Ena!



New Board Member

We are happy to announce that Gaby Morrison has joined our Board of Directors. Many of you know Gaby as the leader of Crafters for Charity. She also started a butterfly garden in our front yard, and it has now been certified as a "Monarch Waystation" by the Monarch Watch organization. She has lots of energy (unlike some of us who are running out of steam) and is very creative. Welcome onboard!

Kudos to New Board Members

We truly appreciate that Dianne Greene and Catherine Heidlebaugh have already gone above and beyond, pitching in for special programs and offering to do whatever they can. We love having younger, more energetic helpers.

New Facebook Address

You can now find us on Facebook, look for "Vbsrc Creeds." Gaby Morrison is managing this for us and we appreciate the time she takes to keep the posts current.

Caregivers Take Note



Are you a caregiver of a loved one? Senior Services, our Area Agency on Aging, will be providing, for the second year in a row, a free Caregiver Appreciation Day at Norfolk Botanical Garden. On Wed., May 1 from 10 a.m. – 2 p.m.,

caregivers will learn about the importance of self-care, have questions answered by a panel of experts, as well as enjoy fun activities and surprises, including raffles, gifts and lunch. Free respite will also be provided so your loved one can accompany you and be safely entertained while you enjoy time to yourself. To register, go online to www.sseva.org or call them at 757-461-9461. This special day last year was very well received, so plan to register early and go enjoy yourself.

Another new resource is a Caregiver Zoom Support Group, provided by Prime Plus. You can join this group for free, and in order to get the link you'll need to attend, email crandolph@primeplus.org or call her at 757-625-5857. The Zoom meetings will take place each 1st and 3rd Wednesday at 7 p.m.

Stroke Warning Signs

Per the American Heart Association, the symptoms of stroke are:

- Sudden numbness or weakness of the face or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden trouble walking, dizziness, loss of balance or coordination.

Remember that every second counts! Call 911 if you have any of the above symptoms. Treatment can be more effective if given quickly.

Is It a Ministroke?

Have you heard of a TIA? That's shorthand for Transient Ischemic Attack, also referred to as a ministroke. The symptoms are very similar as those for a heart attack: weakness or

numbness on one side of the body; slurred speech or difficulty understanding others; dizziness; severe headache; vision loss in one eye. However, these are temporary and often resolve themselves. So, many people ignore the signs and do not seek medical help. However, TIA's can signal something very serious and can be a warning sign of having a significant stroke in the future. So, it's imperative to not ignore these symptoms and to seek medical care quickly.

We've mentioned the **FAST** acronym before, but it's worth repeating:



A TIA can be diagnosed in the ER and other tests may be ordered. The patient's risk of stroke will be evaluated and treatment, medications, and referral to specialists may be given. Having a TIA may be a wake up call to seek medical care immediately and then follow up as needed, with possible changes to your lifestyle as well as on-going doctor's care. (i.e. stopping smoking, eating better, exercising more.) *Adapted from AARP 1/27/2023*

Blood Pressure Screenings

Biweekly BP checks at SRC will not be available temporarily, but will resume as soon as on-going volunteers from the Medical Reserve Corps are confirmed.

Donations

Patricia Abbitt and Rosemary Stepnowski
Thank you for your services.

Teresa Honeycutt to be used as needed

Beth Swanner to be used as needed


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

<p>President Johnnie Williams 757 470-7186</p> <p>Vice President Sharon Prescott 757 630-2660</p> <p>Treasurer Pat Jenkins 757 618-5304</p>	<p>Hours of Operation Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p>
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Councilwoman
Barbara Henley
757 426-7501

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

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 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Schools Closed 1	Schools Closed 2	Schools Closed 3	Schools Closed 4	Schools Closed 5	6
		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 (PR Angie V.)	8:30 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)	 1:00 Game Day (PR Jo-Ann R.)
7	8	9	10	11	12	13
	11:00 "Death for Beginners" Potluck lunch to follow (PR Nancy A.)	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) 3:30 - 5:00 Pets Painting at the PBL. Registration Required 757-385-0150	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)	
14	Schools Closed 15	16	17	18	19	20
	10:00 Crafters for Charity (PR Gabby M.) 2:30 Bonkers for Bunko at the Pungo Blackwater Library (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.)	9:00 to 1:00 PM AARP Driver Training Class. (PR Johnnie W)	9:00 to 1:00 PM AARP Driver Training Class. (PR Johnnie W) NO LINE DANCING 1:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:00 - 12:00 Public Health Focus Group on Health Barriers (See Newsletter) 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.)
21	22	23	24	25	26	27
	 Earth Day	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 - 4:00 Questions on Medicare-Medicare 1:1 Benefits Counseling (PR Eileen Churchill) 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 2:30 Bonkers for Bunko at the Pungo Blackwater Library (PR. Angie V.) 12:30 Cards (Card Group PR)	
28	29	30				
	11:30 Volunteer Luncheon RSVP by 4/24 (PR Nancy A.)	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.)				