

Adult Story Time

Tuesday, Dec. 19 10:30 am - 12:00 pm

As Christmas approaches, let's gather to enjoy some old and new Christmas stories with Peggy Jebavy from Pungo-Blackwater library.

Christmas Day Gathering

Sunday, Dec 25 12 noon - 3:00 pm

No need for anyone to stay home alone on Christmas Day. Join us for our annual get together that will include a pot luck lunch, Christmas carols and games. Bring a dish to share and enjoy the holiday spirit and the company of others at the Center. Stay awhile and join us in board games, dominoes, cards, or bring a game you enjoy.



New Year's Eve Celebration

Sunday, Dec. 31 2:00 pm - 4:00 pm

You don't need to stay up till midnight to see the ball drop—come to the SRC for an early celebration of the New Year. There will be entertainment. Bring nibbles to share—drinks will be provided.

Final Medicare Reenrollment Date Dec. 7th

Don't forget that the deadline to make changes with your Medicare and drug prescription coverage is Dec. 7th.

File of Life Packets

These free packets are available at the Center. You fill out the enclosed information card and then store it in a magnetic red envelope on your refrigerator. You also get a decal to put in your window to alert rescue squad members to look for the packet. The insert provides information about your doctor, your medications, your insurance, etc.

Starting the Conversation

If you plan to spend time with your adult children over the holidays, that might be the perfect time to sit down and talk to them openly and honestly about how you hope to spend your future years and what kind of care you want or don't want. It might be the last thing you'd want to consider talking about, but if all your family is visiting, it's an opportune time to talk. Of course, that means you have to think about things before that family powwow. We all should be spending some time not only considering future plans, but maybe actually making some firm plans and taking action.

Aging parents as well as their adult children are most likely not anxious or looking forward to having conversations about the "what ifs" we face as we age. But it is much better to have such talks when the older folks are healthy and independent and can state their wishes and preferences. If these conversations don't take place early on, families will be forced to scramble when a crisis occurs and no one knows what mom or dad wants. Elderly parents may be more willing to discuss these issues than their adult children.

Issues to consider:

- What do the older folks want to do/where do they see themselves living as they age and their needs change? Do they have a "Plan B"? Is their goal to remain in their home?