

be especially vigilant about knowing which may require immediate medical attention.

7. Be certain to learn whether there are specific over-the-counter medications that should be used with caution or avoided altogether when taken along with prescription drugs. Too often, many may assume that over-the-counter medications are "safe" simply because they are widely available and accessible. It is not always recognized that some over-the-counter drugs may actually weaken and impede a particular prescription drug's effectiveness. Common antacids, for example, have the potential to minimize the effectiveness of a number of important drugs - in particular certain antibiotics - and the combination should be either avoided or taken only after consultation with the treating physician or a pharmacist.

8. Understand the risk associated with taking any herbal supplements in conjunction with medications. Similar to over-the-counter medications, many assume that herbals are completely "safe". Using herbs to treat specific medical conditions has become increasingly widespread in the not-so-distant past. Unfortunately, many physicians and pharmacists are unaware of interactions or complications that herbals can cause. Interactions with herbals can reduce effectiveness of medications in a number of cases, but in some instances herbals can actually increase the toxicity of a medication. Consequently, it is imperative to proceed with extreme caution and be educated about the potential for problems.

9. Familiarize yourself with what to do in the event of a missed dose. There are instances where simply taking the medication at the next opportunity is not recommended. Doubling of the dose to make up for a missed dose could be very dangerous. Such problems are compounded for seniors who are taking several different drugs during the day at different dosing schedules. The best way to avoid these problems is to keep a diary.

10. Learn how to discontinue the use of a drug. In some instances, stopping the dosage abruptly can have severe consequences, particularly when they are used daily over a long period of time.

Golden Rules for Living

If you open it, close it.
 If you turn it on, turn it off.
 If you unlock it, lock it up.
 If you break it, admit it.
 If you can't fix it, call in someone who can.
 If you borrow it, return it.
 If you value it, take care of it.
 If you make a mess clean it up.
 If you move it, put it back.
 If it belongs to someone else and you want to use it, get permission.
 If you don't know how to operate it, leave it alone.
 If it's none of your business, don't ask questions.
 If it isn't broke, don't fix it.
 If it will brighten someone's day, say it.
 If it will tarnish someone's reputation, keep it to yourself.
 Although the author of this is unknown, it's good advice for all of us, no matter our age.

SRC Mission

The Senior Resource Center, Inc. is a 501 (c) (3) volunteer organization designed to help older, rural residents remain safely in their homes by providing in-home and community services; to furnish a gathering place for local seniors for socialization and education. It is a collaborative effort with the City of Virginia Beach.

Responsibility and Oversight

President

Johnnie Williams 470-7186

Councilwoman

Barbara Henley 426-7501

City Liaison

Shari Wilson
385-2175, Tue & Fri

Hours of Operation

Monday – Friday, 9:00 AM - 4:00 PM

During Inclement Weather the SRC operates on the local School Schedule



Newsletter

Anne Bright 426-7832

Newsletter Layout

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