

SENIOR RESOURCE CENTER, INC.

IN OUR ELEVENTH YEAR

NEWSLETTER – DECEMBER 2018

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

FaLaLa

Friday, Dec. 7 1:00 pm

The dulcimers are coming! Join friends and neighbors for the SRC's traditional Christmas gala. You'll be treated to holiday reading and music. Our music is always special! This year, lovely dulcimer tunes will be played by the Pungo Dulcimer Mountain Band. Our finger food dessert buffet is always brimming with the goodies, so bring a treat to share. June Klag will again be our gracious hostess. A monetary donation to our piggy bank and/or a non-perishable food donation to the Food Pantry is always appreciated. Do come and catch the holiday spirit!

Angel Tree Gift Collection

Your wrapped gifts need to be returned to the SRC **no later than Dec. 14**, with the angel tag you chose attached to the package, along with a gift receipt in case the item needs to be exchanged. This will allow plenty of time for us to sort and deliver the gifts to Creeds Elementary School so Santa can do his magic. Thanks in advance for sharing the holiday spirit with our neighborhood children.

Chinese Gift Exchange

Monday, Dec. 17 10 am - 12 noon

Never heard of a Chinese gift exchange? Be part of the fun by bringing a wrapped gift (maximum cost \$10.) You will be given a number and in numerical order you will pick a gift to open. If you would prefer the gift that someone else already opened, you may help yourself to it, so be prepared to see the sparks

fly! You'll find out how entertaining this crazy gift exchange can be. Fortunately, we will all go home still friends with one another.



Christmas Day Pot Luck (RSVP)

Tuesday, Dec. 25 1:00 pm

No need to stay home alone on Christmas. Join us for our annual Christmas get-together. The Trammells will provide the ham. Please call the Center at 385-2175 or stop by to let us know the number of people that will attend and what side dish you will bring to share. Stay awhile after the meal and visit, or join us in board games, dominoes, cards or bring a game you enjoy.

New Year's Eve Party

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

Join your SRC friends to ring out the old and ring in the New Year. Dress up if you'd like and bring a goodie to share. Barbara Henley will be the hostess for this annual celebration and you can enjoy yourselves and still be home before dark.

A VERY MERRY
CHRISTMAS
and Happy New Year!

Virginia Voices International Christmas Concert

Friday, Nov. 30 7:00 pm
Saturday, Dec. 1 3:00 pm
Thalia Lynn Baptist Church

This talented choral group of 75 local singers will present "Imagine" twice at the church located at 4392 Virginia Beach Blvd., VB 23462, right next to Princess Anne High School. Call 408-4441 or go online at www.vavoicesintl.org for tickets. Adults for Friday's concert \$15, adults for Sat. \$10. Kids between 6-12 years \$7, kids 6 and under free.



Holiday Hangar Concert

Saturday, Dec. 8 7:00-9:00 pm
Military Aviation Museum

Start the holiday season with free fun for the entire family!

Come listen to the sounds of *Symphonic Artistry* as they play all of your favorite holiday tunes in the serene museum space. This event is free to the public and is presented by the Military Aviation Museum, 1341 Princess Anne Rd, Virginia Beach, 23457. Doors open at 5 p.m. The concert is free but you need to RSVP by going online to EventBrite, stopping by the museum gift shop or calling them at 757-721-7767.



Tidewater Winds with Fond Memories Holiday Concert

Monday, Dec. 17 7:30 pm
Sandler Center for the Performing Arts

The renown Tidewater Winds will have their Winter Celebration "Holiday Portraits" concert with special guests Fond Memories. Many of you have enjoyed the five vocalists in Fond Memories when they have entertained us at the SRC. They love to sing and entertain, and they bring their vocal talents together several times each month in an effort to bring smiles, laughter, and sometimes tears (the good kind) to the residents of nursing homes, assisted living centers, senior living communities, and rehabilitation facilities throughout the Hampton Roads area. Through the magic of music, they evoke "fond memories" from the residents and sing popular songs from decades as far back as the 1930's and as recent as the 1980's. There will be a silent auction at 6:45pm and the concert begins at 7:30. **Call Sandler Center at 385-2787 for tickets, \$25 for adults, \$15 for those under 18 years.**



Let There Be Peace on Earth

Let there be peace on earth
 And let it begin with me
 Let There Be Peace on Earth
 The peace that was meant to be
 With God as our Father
 Brothers all are we
 Let me walk with my brother
 In perfect harmony.
 Let peace begin with me
 Let this be the moment now.
 With ev'ry step I take
 Let this be my solemn vow
 To take each moment and live
 Each moment in peace eternally
 Let there be peace on earth
 And let it begin with me
Songwriters: Jill Jackson / Sy Miller 1955
Let There Be Peace on Earth Lyrics © Mccg LLC

Christmas Spirit All Year Long

As we see another year come to an end, could we all think about carrying the holiday spirit throughout 2019. Can we practice kindness and consideration, by thinking of what we can do to brighten someone else's day and reaching out to those who may need a smile or a hug? Can we focus on the positive and realize how many blessings we have? In these trying times of political discord, horrific shootings and natural disasters, let's practice the Golden Rule and treat others as we would like to be treated. Merry Christmas, Happy Hanukkah and Kwanza to you all



Chinese Proverb (The Mind Journal)

He who blames others has a long way to go on his journey.

He who blames himself is halfway there.
He who blames no one has arrived.



Future Activity Ideas

It has been suggested that the Activities Committee plan more "fun" activities and not just focus on health, disease, legal issues, etc. We are always open to suggestions, so please call us at 385-2175 or email us at info@src.com with your ideas. If you know of possible speakers, topics, organizations that could provide potential programs, please let us hear from you.



Medicare Advantage Plans New Provisions

Do you have a Medicare Advantage plan as your primary insurance rather than traditional Medicare coverage? Starting in January, 2019, new services will be provided by some Medicare Advantage plans, including Humana.

Some of the new coverage may include adult daycare, respite for caregivers, and help with in-home chores. Such help may keep seniors healthier and allow them to stay in their homes longer. If you are covered by such an insurance plan and could benefit from additional support services, contact your insurance provider in the new year to see what may become available to you.

Medicare Premiums for 2019 Medicare will raise the premium for Part B (outpatient care, doctor visits) by \$1.50 a month, so the standard deduction will be \$135.50 beginning in January, 2019. The annual outpatient deductible will increase by only \$2, to \$185. That's the amount beneficiaries are responsible for before Medicare starts paying. Inpatient deductible will increase by \$24, to \$1,364. Social Security will provide a 2.8% cost-of-living adjustment (COLA) in your monthly retirement benefit as of 1/1/19, the highest COLA in 7 years.

Getting Your Ducks in a Row AARP provided a helpful list for couples to ease the burden on future surviving spouses. Here are steps to get your affairs in order:

1. Gather financial papers- store deeds, passports, insurance policies, estate documents and recent financial statements in a fireproof box at home.
2. Make a "must call" list – compile a list of contact information for your accountant, lawyer and other financial professionals who need to be contacted when a spouse dies.
3. Share passwords- Keep a master list of all usernames and passwords so your spouse can access online after your death. Make sure the list also includes answers to "personal" questions that might be part of a log in, i.e. what street did you live on as a child?"
4. Update beneficiaries- Make sure beneficiary designations for your pension, 401(k), IRA, brokerage accounts and life

insurance policies still reflect your wishes and are up-to-date.

5. Check credit cards- Make sure your name is on your credit card accounts. In most states, when a spouse dies, you aren't responsible for any card that's not in your name. But you also won't be able to use the card.
6. Set up advance directives- You both need health care powers of attorney to designate the person you want to make medical decisions on your behalf if you are incapacitated. You'll also need a living will that spells out what measures you want the doctor to take to prolong your life.
7. Designate a money person- each of you will need a financial power of attorney so you can name a trusted person to make money decisions and financial transactions for you if you're unable to do so.
8. Review wills and trusts- do this every few years or when there's a significant change in your life, such as a sizable increase or decrease in your finances. If you don't have a will, make one.
9. Discuss funeral plans- this can save thousands of dollars by letting the surviving spouse- who may need the money-know it's not necessary to choose the most expensive funeral. Be sure to let one another and your family know whether you want to be buried or cremated.
10. Learn how bills are paid- keep a list how bills are paid, by check, online, by automatic debit from a bank account. Include regular monthly bills as well as those that come due quarterly, annually, etc. This will assure you won't miss a payment or overdraw your account.

Discuss these points with your spouse as well as your adult children, so you can document your plans and preferences when things are calm and avoid unnecessary stress when one spouse becomes seriously ill or dies.

From AARP.org/Bulletin October 2018.

SRC Craft Show

Our first craft show on Nov. 10th was a success, with 13 local crafters participating. We had a steady stream of shoppers and browsers and were happy to have the chance to show off our Center to newcomers. Folks seem interested in having another craft show in the future, so we'll keep you posted.



Veterans' Day Celebration

Once again we were blessed with good weather for our outdoor flag ceremony. We are thankful for the scouts, their families and the veterans who attended, as well as musician Nathan Coffman, who did a beautiful job playing Taps and Reveille.

Special appreciation is owed to Anne and Jim Bright who so graciously cooked pancakes and sausage for the big crowd. Those of us who enjoyed the brunch had no idea how much prep time and labor the Brights provided so that we could relax and eat. How lucky are we to have folks like them who do so much for the rest of us?



911 Special Handling Request

The City of Virginia Beach Emergency Communications and Citizens Services provides a way to alert emergency first responders to special conditions of residents that require 911 assistance. The "Citizen Premise Caution Request" allows residents to register with ECCS so that 911 dispatchers will be able to access important information regarding special handling before crews respond to a 911 call.

The request application states that only requests meeting one or more of the following criterion will be entered:

- Severe communications impairment
- Life-threatening condition, not including chronic conditions, such as diabetes (if a chronic condition is a secondary issue

accompanying a life-threatening condition, include the chronic condition. The intent is that address will not be flagged when the sole reason for entry is a chronic condition, such as diabetes.)

- Air-borne communicable disease
- Special security/access requirements(include mobility impairments and adaptive equipment, i.e. wheelchair, walker
- Unusual patient handling requirements
- Pets and/or service animals in the residence

As the information you provide is shared with Public Safety responders, it is imperative that the records are kept accurate. ECCS personnel will attempt to validate this data annually with the person who originally applied. If the ECCS cannot validate an entry, it will be removed from the system. If you are aware of any changes in the conditions or contact information prior to annual validation, please notify ECCS immediately.

The completed application can be: mailed to the department at: ECCS CAD & GIS Support Team 2508 Princess Anne Rd – Building 30 Virginia Beach, VA 23456

Faxed to: 757-385-1810

Emailed to: ECCSTelephoneCAD&GISSupportTeam@vbgov.com

Or you can call Sharon Brady at 385-4222.

This process is very helpful if you have a family member:

- with dementia (who may make inappropriate phone calls to 911 or be very frightened by emergency responders.)
- who is very heavy
- who is wheelchair confined
- who has language difficulties
- who has a pet that needs to be contained before a rescue squad enters.

Donations

John and Juanita Burns for the SRC to use as needed

June Klag in memory of Charlie Griffith, Irene Sievers, Lucille Moore, Betty Davis Whitehurst, Mary Ann Corso and Kenneth Whitehurst, Jr. Mike and Nancy Newbill for holiday celebrations at SRC

Fond Memories, LLC in support of the SRC Barbara West in memory of Jack and Craig West

Kenneth and Nancy Wilson in honor of Barbara Henley

Correction

Apologies to William and Betty Lehr who were incorrectly identified in last month's newsletter

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 470-7186</p> <p>Councilwoman Barbara Henley 426-7501</p> <p>City Liaison Shari Williams 385-2175, Tue & Fri</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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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.



December 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
2	3	4	5	6	7	8
Happy Hanukkah 	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards	8:30 Board Meeting 9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) No Tai Chi 1:00 -3:00 Fa La La Gala (PR June K.)	10:00 -12:00 Crafters (PR Pat Jenkins)
9	10	11	12	13	14	15
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 History & Cards	9:30 No Exercise with Rita Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan) Angel Tree Gifts are Due at the SRC	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
16	17	18	19	20	21	22
	10:00 to 12:00 PM Chinese Gift Exchange {gift \$10.00 +/-} (Pr Barbara W.) 1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	1:00 Bingo/ Cards Joy Group will not be meeting in December	1:00 Cards	9:30 Exercise (PR Rita J.) No Line Dance	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	
23	24	25	26	27	28	29
	1:00 Dominoes/Cards 	1:00 PM Christmas Pot Luck- RSVP Join in the holiday spirit. (PR- Rita & Don T) 	1:00 History & Cards	9:30 Exercise (PR Rita J.) No Line Dance	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	
30	31					
	New Year's Eve Party 2:00 - 4:00 PM New Year's Eve Party (PR Barbara H.) 					