

HAPPY NEW YEAR 2018

New Year's Day Gathering

Monday, Jan. 1 11:30 am

If anyone would like to gather at the SRC to eat some traditional black eyed peas and collard greens (or whatever your favorite New Year's Day food may be), come on out around 11:30 and welcome in the New Year with friends. Don't sit home alone and be miserable thinking of all those resolutions you should be making. Come out and socialize and have some fun.



Game Afternoon

Saturdays, Jan. 6, Feb.3, & March 3
1:30 pm – 4:00 pm

Since some folks do not like to drive at night, we thought we'd try a few daytime Game Afternoons. If you have a game you like to play, please bring it with you. Bring a snack to share, meet new friends, or see old friends and have a few laughs. Of course, we will continue our Game Nights every third Saturday of the month, but if you've avoided those because you do not drive at night, come out and see what you've been missing.

Adult Story Time

Tuesday, Jan. 2 & Tuesday, Jan. 23
10:30-12 noon

Join us for entertainment and enjoyment with Peggy Jebavy from the Pungo-Blackwater Library.

JOY Group

Tuesday, Jan. 16

Blood Pressure Check 9:30 am
Meeting 10:00 am.

The speaker for the Joy Group meeting will be Blake Morris talking about Senior Driving Solutions. This organization is an affiliate of *keepingussafe.com*, and they offer practical, real-life solutions for aging drivers and their families. Pot luck lunch will follow, so please bring a dish to share.

Public Forum on Flooding

Monday, Jan. 22 6:00-8:00 pm
Kellam High School

Please plan to attend the public forum on January 22 at Kellam High School from 6:00 to 8:00 p.m. to provide your input for one of the greatest challenges Virginia Beach will ever face: sea level rise and recurrent flooding. You will have an opportunity to directly interact with the study researchers and provide them information about your property and your experiences as it relates to the flooding issues.



The ocean, our waterways and our groundwater levels have risen a foot in the last fifty years, and they are projected to rise 1.5 feet or more in the next fifty years. This is a legacy that our children and grandchildren will inherit, and we need to hear from you in order to make it the right legacy.

The City has a major Sea Level Rise study underway. We are determining the future impacts to our city and beginning to look at alternative actions and adaptation strategies. Please help us determine what those actions and strategies should be. We need your input. The time spent on January 22 to let us hear from you will be your time well spent.

Emergency Captains Meeting

Wednesday, Jan. 24 9:00 am

We need to gather to assess our readiness in case of a winter storm, so come out for a brief meeting to see that our status is current and timely. If you can, plan to stay for the training program which follows at 10 a.m.

Basic Defense Training Program for SRC Volunteers

Wednesday, Jan. 24 10:00-11:30 am
Pot Luck to Follow

MPO Allan Perry will give those who regularly volunteer at SRC some pointers regarding safety in public buildings. Please bring a dish to share over pot luck which will follow the meeting.

see
say **SOMETHING**

Tai Chi and Balance Lecture and Pot Luck

Wednesday, Jan. 31 11:00 am

Described by Harvard University as “meditation in motion,” Tai Chi has also been shown to improve balance, enhance flexibility and range of motion, reduce stress, expand breathing capacity and decrease anxiety and fatigue.

tai chi
FOR BALANCE

Recently retiring to our community, Gary Donovan invites you to learn about this evidenced-based Health Art. He brings more than 23 years of study and practice of Tai Chi. He has taught tai chi full-time for 15 years in Connecticut to seniors and to those wishing to improve their health, function and feelings of wellbeing. Gary will answer questions and demonstrate a short tai chi form known as “Tai Chi Chuan for Better Balance,” which is the most effective of movement exercises designated by the New England Journal of Medicine to improve practitioners’ balance. Following the talk and presentation, there will be a pot luck luncheon. All are welcome

Should Your Elderly Mom Or Dad Drive a Car?

By Carolyn Rosenblatt
(AgingCare.com)

If you've noticed that Mom and/or Dad just isn't safe behind the wheel anymore, I would like to encourage you to get involved. Older individuals who are losing their ability to drive

safely don't recognize it or are in denial and do not wish to face the terrible thought of giving up their independence and control. Loss of the ability to drive a car is often a life changing event, as the elder can no longer maintain their own care at home without transportation.



Denial is a very common reaction to the early warning signs of becoming a dangerous older driver. This can occur both among the elderly, who really, really don't want to have this privilege taken from them, and in their adult children, who then have to deal with the consequences of Mom or Dad needing alternate forms of transportation.

If this is happening with your aging parents(s), try these tips to handle this emotionally charged and difficult issue.

Tips for Dealing with a Dangerous Elderly Driver

1. Approach the subject respectfully and at the best time of day for your parent. Ask if it's ok to talk about this now.
2. Bring up the issue of driving while you express care and concern for how difficult it must be to even talk about it, but gently insist if your parent resists the subject.
3. Encourage your elderly parent to see a doctor to find out what physical problems could be going on. Some people need a change in medication or other health care treatment to correct alertness, vision, or ability to attend to detail in driving. Go with him or her to the doctor if you can.
4. If the doctor concurs that your aging parent should give up the keys, use the doctor as the reason for bringing up the

subject and the reason for suggesting limiting or giving up driving.

5. Research alternative kinds of transportation where your parent lives. If you are in a rural area, there may be limited options, but family members, neighbors, or church or synagogue members may be willing to help. Public transportation may be a good alternative in urban areas, even if your elderly parent has not used it before.

The subject of driving is always a "charged" one. Do your best to approach your loved one with understanding, but don't be afraid to stand your ground.

Carolyn Rosenblatt is a registered nurse and attorney who has 40 years of experience. She is the author of *The Boomer's Guide to Aging Parents*.

Donations

Helen Pittman in memory of James Pittman
 Susan J. Myers monetary donation
 Norma D. Bariso monetary donation
 Mike and Nancy Newbill monetary donation for holiday events
 J.L. and Phyllis Styron monetary donation for Center's use
 Helen Lane monetary donation and blood pressure cuff donation
 Rita Trammell in memory of Reba Thompson



Kudos for the Holiday Season

Thank you 

Many thanks to the **Creeds Elementary Fourth Graders** who made the lovely star ornaments to decorate our tree and came to sing to us on December 6th.

Thanks to our special folks who made the desserts for the students so abundant.

June Klag, as usual, did an outstanding job with the FaLaLa on December 8.

To all who so generously donated to our Angel Tree recipients, we thank you for making those children's Christmas so special.

Thanks to **Barbara White** for organizing the Chinese Gift Swap.

Peggy Jebavy delighted us with a beautiful story for Christmas on Adult Storytime day.

Rita Trammell and **Carol Todd** made Christmas Day extra special for those with no local family with whom to share this special time.

Barbara Henley and **Mike Newbill** made New Year's Eve come a little early for those of us who can't stay awake past 7:30!

Loneliness Kills

If you're not careful, loneliness might kill you. Everyone feels lonely at predictable times, like when a special friend or relative dies. But doctors are quick to point out that it's the

continuing, persistent kind of loneliness that carries very real health risks.

In a recent AARP survey, 35 percent of all responders reported feeling lonely. Of those, nearly half said their loneliness had persisted for at least six years. Here are just a few of the consequences of persistent loneliness:

Loneliness increases the risk of premature death by 14 percent.

Loneliness affects not only our current mental health but it can, according to one study, increase the risk for dementia later.

Loneliness often brings fragmented sleep, the choppy kind that seriously affects health.

Loneliness can increase inflammation throughout the body, which carries its own risks. That inflammation can also exacerbate existing conditions like arthritis and heart disease.

The Mayo Clinic's Health Letter suggested strategies for combating loneliness, including these ideas for nurturing friendships:

Reach out: An unexpected phone call or email, even just to say hello, is a meaningful gesture. There is nothing like spending time together, face to face—with other people.

Be positive: Think of friendship as an emotional bank account. Make deposits of kindness and approval, keeping in mind that

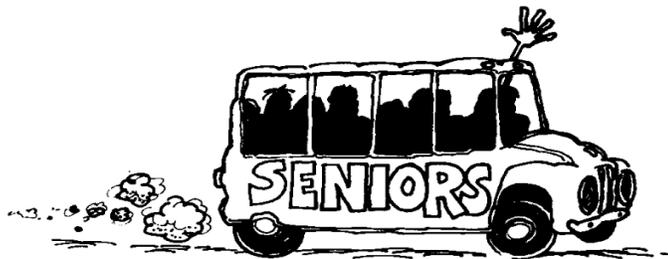


criticism and negativity draw down the account. Listen up: Ask what's going on in your friends' lives. Let people know you're paying close attention through eye contact, body language and reaffirming comments. When friends share details of hard times they are experiencing, be empathetic.

Extend and accept invitations: Invite a friend to join you for coffee or lunch. When you're invited to a social gathering, say yes. Contact someone who recently invited you to an activity and return the favor.

Respect boundaries: Don't overtax the friendship with your own needs. Remember that friendships require both give and take.

Need more friends? That same Mayo Clinic article offers these ideas for finding new friends:



Attend community events: Get together with a group of people working toward a goal that you believe in, such as an election or the cleanup of a natural area. Find a group with similar interests in an activity, such as reading, sports, crafting or gardening.

Volunteer: Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organization. You can form strong connections when you work with people who have mutual interests.

Take up a new interest: Take a college or community education course to meet people who have similar interests. Join a class at a

local gym, senior center (SRC) or community fitness facility.

Join a faith community: Take advantage of special activities and get-to-know-you events for new members.

Take a walk: Put on some good shoes and keep your eyes open. Chat with neighbors who also are out and about, or head to a popular park and strike up conversations there.

Think beyond two legs: Whether it has four legs or even wings, a pet can provide many of the same companion benefits as human friendships can.

Loneliness and the feeling of being unwanted is the most terrible poverty.

~Mother Teresa

Ageing Care

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

Tom Shearer 426-7831

To remove your name from the newsletter mailing list, call 757-385-2175. View the full newsletter on line at www.vbsrc.com and help save printing and postage.

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Years Day 1	2	3	4	5	6
	11:30 SRC can be open for Parents and Grandparents who's children are still recuperating from New Years Eve (PR Carol T.) 12:00 Eat Traditional Food Pot Luck Lunch	1:00 Bingo/ Cards 10:30 - 12: 00 Adult Story Time (PR Peggy J.)	1:00 Cards	8:30 Board Meeting 9:30 Exercise (PR Rita J.) No Line Dance Class	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Houston S.)	1:30 - 4:00 pm Game Afternoon (PR. Rita T.)
7	8	9	10	11	12	13
	1:00 Dominoes/Cards	1:00 Bingo/ Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	1:00 Cards 1:00 History	9:30 Exercise (PR Rita J.) Line Dance Class Beginning 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)	10:00 -12:00 Crafters (PR Pat Jenkins)
14	15	16	17	18	19	20
	1:00 Dominoes/Cards M.L.K. Birthday 	9:30 Blood Pressure Testing 10:00 JOY, Program Topic: Senior Driving Solutions with Blake Morris. Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginning 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Houston S.)	6:30 - 9:00 pm Game Night (PR Jo-Anne R.)
21	22	23	24	25	26	27
	1:00 Dominoes/Cards 6:00 - 8:00 PM Flooding and Sea Level Rise at Kellam High School - For details see note below:	10:30 - 12: 00 Adult Story Time (PR Peggy J.) 1:00 Bingo/ Cards	9:00 Emergency Captains meeting 10:00 - 11:30 MPO Allan Perry Training Session (Pot Luck to follow) 1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginning 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)	
28	29	30	31			
		1:00 Bingo/ Cards	11:00 Tai Chi Lecture & Balance - Speaker Gary Donavan (837-4490.) (Pot Luck lunch) 1:00 Cards			

Notes: Meeting 6:00 - 8:00 PM, Flooding and Sea Level Rise at Kellam High School. A one-to-one conference with individuals who want/need to point out places that the City needs to clean out ditches, etc. to help with storm water accumulation.