



New Year's Day Pot Luck Lunch

Tuesday, Jan. 1 11:30 am

Join hostess Carol Todd and start the New Year off on a happy note by socializing with friends at the Senior Resource Center. Doors will open at 11:30 and lunch will be served at 1:00 p.m.

Please bring a dish to share.

JOY Meeting

Lecture and Pot Luck Lunch

Tuesday, Jan. 15 9:30 am

Our guest speaker will be Janie DeSio sharing with us the ideas of Independence Through Mobility. If you'd like to have your blood pressure checked by a Virginia Beach Health Department R.N., come at 9:30 a.m. The program begins at 10 and the pot luck lunch will follow, so please bring a dish to share. This activity is open to everyone and is a great opportunity to make new friends and share in the fellowship.



Scams- How to Avoid Being a Victim

Lecture and Pot Luck Lunch

Wednesday, Jan.30 11:00 am

Our esteemed Commonwealth Attorney, Colin Stolle, will be our lecturer on this very pertinent subject. Even though most of us are aware of some scams, seniors still are easy prey to computer and telephone schemes. Here's your chance to smarten up and protect your money. Our pot luck will focus on soups and chili, so if you are able to provide a pot of one or the other, please call the center at 385-2175 and let us know what you will provide. We also welcome crackers, cheese and desserts.

Charity United Methodist Church Food Pantry

We need to increase our participation by providing more food, as the food pantry at Back Bay Christian Assembly closed on Jan. 1. Charity UMC is the only food pantry in our area now and serves many people each week. It is open to everyone from 10 a.m. – 12 noon every Tuesday

Non-perishable foods that are most needed are canned and boxed foods that might appeal to the whole of the community, including:

- Spaghetti and spaghetti sauce
- Ravioli/Spaghetti-O's, etc
- Tuna fish
- Tuna Helper
- Macaroni and Cheese
- Ramen Noodles
- Peanut Butter and Jam

Spam/Ham/Salmon/Beef Stew
 Applesauce
 Pancake mix and syrup
 Fruit Juice
 Canned fruit
 Dry cereal (not the huge boxes, just regular size or individual serving size)

We suggest you try to get in the habit of bringing just one or two items each time you attend an activity at the Center. You'll find the donation box under the table to your left as you enter. There is also a box on a small shelf to your left as soon as you come in where you can donate cash or checks (made out to Charity UMC). Donna Brehm, who coordinates the Charity food distribution, says they do not need canned vegetables right now.

Super Bowl Party Anyone?

We'd like to hear from you as soon as possible if you'd like to attend a Super Bowl party at the Senior Resource Center on Sunday, February 3, 2019. Kickoff time to be announced. Those who want to watch the game can enjoy the large screen T.V. in the big room, and those football widows and widowers can play cards or games in the small room. Pot luck snacks would be welcome. Call us at 385-2175 to tell us you'd like to be part of this first-time event at SRC.

10 Early Signs and Symptoms of Alzheimer's

If you forgot to attend our lecture in November by Alzheimer's Association volunteer Ellen Clements, it's not too late to learn more. Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and

symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

1. Memory Loss that disrupts daily life. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, work or at leisure. People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place. People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not

happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out late.

5. Trouble understanding visual images and spatial relationships.

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. New problems with words in speaking or writing.

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right words.

7. Misplacing things and losing the ability to retrace steps.

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment. People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.

They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They also may avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality.

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Get checked. Early detection matters. If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your primary doctor.

Need Help with Heating this Winter?

Virginia Beach residents can apply for assistance with heating system equipment repairs and replacements. Temperatures are dropping and the City is helping eligible homeowners repair or replace defective HVAC

equipment during the winter. Virginia Beach Housing and Neighborhood Preservation's Owner-Occupied Rehabilitation Program helps make home rehabilitation and repairs more affordable for low- and moderate-income Virginia Beach homeowners. Loans and grants are provided to eligible applicants for emergency home repairs in order to remove health and safety hazards, exterior home rehabilitation and correcting certain code violations.

Other eligible emergency activities include replacing defective air conditioning equipment in the summer; correcting electrical, gas and plumbing hazards; correcting defective roof/ceiling assemblies in life-threatening situations; and making accessibility and usability modifications. The program is not intended for making routine maintenance repairs to systems or equipment.

Assistance is provided based on the availability of funding to applicants who meet income and other eligibility requirements. Call the Department of Housing and Neighborhood Preservation at 385-5750 or go online at VBgov.com/home-rehab for more information.

Virginia Beach Real Estate Tax relief for Seniors and Disabled

Applications for real estate tax exemption are taken in the office of the Commissioner of the Revenue, Municipal Center, Building 1, by appointment only **from February 1 through June 30**. **To qualify, individuals must meet income and net worth limitations.**

BASIC REQUIREMENTS TO QUALIFY

- SENIOR CITIZENS must be at least 65 years of age
- TOTALLY DISABLED individuals must be totally AND permanently disabled - there is

NO age limit - \$10,000 income exclusion allowed

- MUST RESIDE in the Virginia Beach home or mobile home or a convalescent facility

TAX EXEMPTION/FREEZE

- Annual household income must not exceed \$54,989 for TAX EXEMPTION
- Annual household income must not exceed \$71,750 for the FREEZE
- Assets must not exceed \$350,000 (OTHER THAN RESIDENCE)

The percentage of tax exemption varies based upon income level

Call the Virginia Beach Commissioner of the Revenue Taxpayer Assistance office at 385-4385 for information or to make an appointment.

Food for Thought for the New Year

I'm walking into 2019 with a clear heart and mind.

If you owe me, don't worry about it—you're welcome.

If you've wronged me, it's all good—lesson learned.

If you're angry with me, you won—I've let it go.

If we aren't speaking, it's cool—I wish you well.

If I wronged you, I apologize—it wasn't intentional.

I am grateful for every experience that I received. Life is too short for pent up anger, holding of grudges and extra stress or pain.

I welcome 2019.

Remember, forgiving someone is for you, not for the other person...

Author unknown

HAPPY
New Year

3 Things that Baby Boomers Should Do to Really Enjoy Retirement

If you are close to retirement or just newly retired, you may worry about saving enough to enjoy the years ahead. Stop stressing about your finances, and start having more fun with these savvy tips.

Health Care

One of the biggest worries Baby Boomers have is whether they will be able to afford their healthcare as they age. Remember, you can change your Medicare plan as your needs change. The Annual Election Period runs from October 15 to December 7 each year and you can **make changes** during this time, including your health and prescription drug coverages.

Enjoy Your Hobbies

Retirement is a wonderful time to take your hobbies to the next level, and you don't have to blow all of your savings in the process. If you are into gardening, for example, you could spend some time **making over your yard**.

Buy Experiences, Not Things

If you want to make the most of your life while making the most of your spending, you should stop buying things and start investing in experiences. Recent research shows that **positive experiences**, like traveling, bring a sense of gratitude to our lives.

Jim McKinley, guest columnist

Angel Tree Donations

We wish to thank all who participated in the very limited number of "angels" we received this year. Some expressed disappointment at not getting a chance to participate, but the guidance counselor at Creeds Elementary said that she had fewer free and reduced price lunch students this year and more people wanting to

participate, so we received only 3 children this year instead of 5 or 6 like usual. That's a good thing I hope because perhaps it means that some people have been blessed with better circumstances this year and do not need to feel dependent on community support. You must know, however, that Angel Tree is not the only way to help the local school. There is need throughout the school year; we keep a box of school supplies ongoing, so you might add to that. The principal has a fund of donations which enables her to see a need, such as a new pair of shoes, and supply it as needed. There are always ways to help. As the coordinator for the Angel Tree drive, I'd like to thank everyone for the prompt return of gifts and for remembering to get gift receipts in case something needed to be returned. We had a pickup load of gifts for just three children, so Christmas morning had to be very special for our three students. I pack each child's gifts in big garbage bags labeled as to Family Number and Child Number so parents don't have to even sort them out. Jim helped me deliver on December 14th, to an astonished counselor and faculty.

Anne Bright

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

President

Johnnie Williams 470-7186

Councilwoman

Barbara Henley 426-7501

City Liaison

Shari Williams
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 online at www.vbsrc.com and help save printing and postage costs.

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	December 31st	1	2	3	4	5
		11:30 SRC will be open for Parents and Grandparents who's children are still recuperating from New Years Eve (PR Carol T.) 1:00 Eat Traditional Food Pot Luck Lunch	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) 12:00 Tai Chi (PR Gary Donovan)	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
6	7	8	9	10	11	12
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 History & Cards	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 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	10:00 - 12:00 Crafters (PR Pat Jenkins)
13	14	15	16	17	18	19
	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	9:30 Blood Pressure Testing 10:00 JOY, Topic Independence Through Mobility-Janie DeSio Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards	1:00 Cards	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) 12:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
20	Martin Luther King Day 21	22	23	24	25	26
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 History & Cards	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 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	
27	28	29	30	31		
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards 11:00 AM Colin Stolle, Scams Lecture, Pot Luck lunch to follow - Soup or Chili (PR Nancy A.)	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)		