

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – JANUARY 2021

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The Senior Resource Center will be operating according to the health situation at the beginning of April. Our first consideration will be the health and safety of our patrons. Please check the website and the message board outside the building for updates on times of operation.

2021

• HAPPY NEW YEAR •

Thought for the Season

Life is tough.

It takes up a lot of your time,
 all your weekends,
 and what do you get at the end of it?
 ...Death, a great reward.

I think that the life cycle is all backwards.
 You should die first, get it out of the way.
 Then you live twenty years in an old age
 home.

You get kicked out when you're too young,
 you get a gold watch, you go to work
 you work forty years until you're
 young enough to enjoy your retirement.

You go to college,
 You party until you're ready for high school,
 You become a little kid, you play,
 you have no responsibilities,
 you become a little boy or girl,
 you go back into the womb,
 you spend your last nine months floating
 and you finish off as a gleam in someone's
 eye.

How Will You Remember This Christmas Next Year?

Although Christmas is already over, this song's lyrics may speak to you. If you go online, take the time to listen to this vocalist's beautiful voice, but have your Kleenex ready! Go to Facebook- page for Christopher Lennertz to see the video.

*Song written by Christopher Lennertz
 Sung by Kathryn Gallagher*

The stores have all been closed, the
 classrooms locked up tight.
 Concert halls and shopping malls sit silent
 every night.
 No parties packed inside with boisterous
 Christmas cheer.
 Sometimes it seems there's not that much
 to celebrate this year.

How will you remember Christmas so many
 years from now?
 How will you remember Christmas and the
 way it showed you how
 To cherish the ones you love, and to honor
 the ones not here?
 Never forgetting the most important thing
 this time of year,

We can never be apart if you hold me in your heart.

As the snow begins to fall on an empty boulevard,
No caroling or church bells ring, who'd know it'd be this hard?
It feels so far apart, wondering how long this could last,
Dreaming by the firelight of holidays gone past.

So many years remain, to cherish the ones you love
and remember the ones who passed
Never forgetting that the most amazing memories will last.
We can never be apart if you hold me in your heart.
How will we remember this Christmas?

Pungo-Blackwater Library Reopening

Good news from Library Manager Sarah Bell:

We will be reopening to the public on Monday January 4. We had hoped to welcome customers inside the building that day, but since all of the Virginia Beach libraries have gone back to providing "lobby service" only, we will have to do so as well. But I am still very excited to be back working at the building and serving customers at the front door and by telephone. Also, at that time, our external book drops will open back up so that customers can return items again.

First Blood Test to Help Identify Alzheimer's Disease Now for Sale

C2N Diagnostics in St. Louis is now selling a blood test that may help diagnose Alzheimer's, but the test is not yet approved by the Federal Drug Administration and key test results have not been published. The test is not covered by insurance and costs \$1250. It is not intended for general screening but is intended for those over 60 who are showing symptoms. It has to be ordered by a doctor.



The best way currently to measure the amount of a specific protein in the brain via a PET scan, but that is usually not covered by insurance either.

FTC Launches New Scam Reporting Website

The Federal Trade Commission has launched a new website designed to make it easier for people to report potential frauds to federal authorities and get quick advice on what to do.

The new site, at ReportFraud.ftc.gov, has a feature that prompts those reporting a fraud to the "next steps" that will offer specific guidance based on the kind of scam reported.

“Every time you report scams or bad business practices to the FTC, you’re helping to protect your community,” says Andrew Smith, director of the FTC’s Bureau of Consumer Protection.

The new reporting site went online in October 2020, the same month the FTC issued its report to Congress on the scams that endangered people 60 or older in 2019.

Romance scams were by far the most costly to older Americans, causing nearly \$84 million in financial losses last year, the FTC says. Those scams usually begin with a social media contact and eventually lead to a deceitful request for money.

- *AARP Bulletin, December 2020*

Writing or Revising Your Will

Are you among the almost 30% of seniors in the U.S. over 65 who have not executed a will? Maybe you could use your increased time at home (due to Covid 19) to write a will or update one. In an article in the November, 2020 AARP Bulletin, Sarah Mahoney recommends that you save your loved ones heartache and headaches by completing a proper will.

Many people still believe in naming their oldest child as their will’s executor, as well as their agent in a Power of Attorney for finances and healthcare. It’s often a recipe for disaster. The choice you make regarding your executor/agent should be based on their ability to manage your affairs.

If you leave more of your assets to one child or leave one out entirely there may be

dissent and legal challenges. If you do create an imbalance, talk it out with your children ahead of time in order to avoid legal action later.

It helps to review your will over time, especially if circumstances have changed, like divorce, death, relocation or disability.

Take the time to reread your documents and make sure they reflect your current situation. If you haven’t made a will or completed a Power of Attorney yet, now is the time.

New Virginia Law Regarding Cell Phone Use Effective January 1, 2021

Do you use your cell phone while driving? If so, you need to be aware that our state law is tightening up as of the start of the new year. **It will be an offense to hold a cell phone in your hand while driving.** The first offense could cost you up to \$125, with subsequent offenses costing \$250.



Texting on your cell phone has been banned in Virginia since 2007. Now the new law bans use of your phone while you drive, even to make a voice command. It will be illegal for Virginia drivers to HOLD a mobile device while driving. It doesn’t matter what you are doing with the device – the act of just holding it can get you in trouble. So, it makes sense that the state has chosen the

motto “Phone Down” as part of their PR campaign.

In 2019 distracted driving caused 23,246 crashes and 113 deaths in Virginia. Don't add to these grim statistics and be mindful of your cell phone usage while driving.

Coping with Covid 19

If you are struggling with stress and maybe even depression, due to being increasingly isolated during the pandemic, if you are a computer user, there are resources for you. AARP Foundation and the United Health Foundation have created a helpful site at Connect2affect.org. You can take a free survey online and then research the resources they offer. We know those of you who have been regulars at the Senior Resource Center may be having a hard time spending more time home alone, so reach out to others and check out available resources.

Aging Gracefully

While you've been spending more time at home during the pandemic, you may have been taking stock of the space you're in. If you value staying in your home as you age, as most of us do, you may need to think about making home alterations to make your house more user friendly.

Bathrooms are usually on the top of the list, so consider whether your bathing and toileting arrangements are suitable for your

changing needs. Higher toilets and walk-in showers may be worth consideration. Non-slip bathroom floors, built-in shower benches, higher toilets and sturdy grab bars may be a big help and worth the money. You may find some of these renovations pricey, but if you want to maintain your independence, it may be well worth the investment.

Many contractors specialize in reconfiguring homes for seniors and will do a free home assessment/estimate, so maybe it's time to consider making some changes.

Adapted from House Beautiful June 2020

Chuckles for Covid Times

Some people think I am going crazy. The joke is on them. I went there years ago, fell in love with the place and decided to stay!

Just once I'd like to read a medication label that says: **Warning!** May cause permanent weight loss, increased energy and wrinkle removal.

Never let someone drive you crazy. It's nearby anyway, and the walk is good for you.

I've been a lot of places, but I've never been in Cahoots. Apparently, you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito either. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport, so you have to be driven there. I have made several trips!

OMG (Oh My God) I Am Rich- Silver in my hair, gold in my teeth, crystals in my kidneys, sugar in the blood, lead in the bottom, iron in the arteries and an inexhaustible supply of natural gas. I never thought I'd accumulate such wealth!

I've reached the age where my train of thought often leaves the station!

Which is faster, hot or cold?
Hot, of course, because everyone can catch a cold!

My husband bought a world map, gave me a dart and said, "Throw this, and wherever it lands – that's where I'm taking you when this pandemic ends." Turns out we will be spending two weeks behind the refrigerator!

I ran out of toilet paper and started using lettuce leaves. Today was just the tip of the iceberg; tomorrow remains to be seen.

The 4 Stages of Man: He believes in Santa Claus. He doesn't believe in Santa Claus. He is Santa Claus. He looks like Santa Claus.

Angel Tree

Many thanks to those of you who shared gift cards with Creeds Elementary School to be used for Angel Tree gifts in lieu of our usual wrapped gifts. Children often don't understand the complexities of their parents' situations, so if we were able to make even one child happy to receive an unexpected gift, our mission has been accomplished.

Donations

Phyllis Styron for miscellaneous expenses

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>Vice President Sharon Prescott 630-2660</p> <p>Treasurer Pat Jenkins 618-5304</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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Councilwoman
Barbara Henley 426-7501
City Liaison

Newsletter
Anne Bright 426-7832
Newsletter Layout
Tom Shearer 426-7831

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January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Happy New Year!	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King, Jr. Day	19	20 Inauguration Day	21	22	23
24	25	26	27	28	29	30
31	1	Notes				