

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – JANUARY 2022

IN OUR FOURTEENTH YEAR

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facebook: <https://www.facebook.com/VirginiaBeachSeniorResourceCenter>



Medication Storage and Disposal Lecture Pot Luck Lunch

Wednesday, Jan. 19 10:30 am

Dennis Southers and his colleague, Vivian Alibah, from the Virginia Beach Department of Human Services Behavioral Health Division, will help us better understand how to safely store our medicine at home and how to properly dispose of unused medicine. Since the majority of us use more than one prescription drug, we need to learn how to handle it and keep ourselves and our younger family members safe. Please bring a dish to share at the pot luck lunch that will follow the lecture.

SRC Pandemic Policy- Please be aware and observe the rule--- if you have not been fully vaccinated, you must wear a mask inside the Senior Resource Center.

SRC's Lack of Volunteers is No Laughing Matter. SRC May Soon Need to Limit the Days We Are Open

You may have groaned when you've read the very frequent pleas in past newsletters about the Center's dire need for volunteers. If we had received great response from our begging, we would not need to continue to hound you. Although we have added a few terrific volunteers recently, we are still very short of the number we need, so there have been many "shifts" uncovered, causing the door to be locked and the phone unanswered. How sad is that? We liked to brag that we were unique in being open 5 days a week, but it looks like that will not be possible in the near future if more of you don't step up to the plate.

We need 40 active volunteers in order that no one has to cover more than one shift a month. A shift consists of being at the "duty" desk from either 9 a.m.- 12:30 p.m. or from 12:30 p.m.- 4 p.m. It is a simple, yet enjoyable job- greeting guests and answering the phone. If it's a quiet day, the volunteer can read, knit, do a crossword puzzle, do a jigsaw or crossword puzzle, or surf the net on their phone. The "regulars" are covering multiple shifts, and they are getting tired.

We know folks tend to like to enjoy their retirement and not be committed to anything that requires them to give their time, but those of us who have been giving our time and energy since the center opened 14 years ago are getting worn out. Those of you who only attend our special events and pot lucks probably never took the time to think about what had to take place in order to make those

events happen. There is a lot of leg work in lining up speakers, purchasing needed supplies, setting up and taking down the tables and chairs, arranging the pot luck items, prepping and cleaning up the kitchen, keeping the marquee sign current, etc., etc.

Volunteer Recruitment Lunch

Monday, Jan. 10 12:00 pm

WE NEED YOU!

Lunch will be provided for this event.

Current volunteers are asked to bring a friend who may be interested in becoming a volunteer at SRC. We also invite anyone who is interested in signing up for desk duty. One on one orientation is scheduled for each new volunteer, and we don't require your resume or work history. While we can't pay for your services, you will be rewarded by feeling a sense of accomplishment and you will make a huge difference for the SRC.

We must see an increase in the number of volunteers in the very near future, or we will probably have to decrease our days to Monday, Wednesday and Friday. How sad would that be? This is the time for you to get off the pot and step up to the plate.

New Activity Group Introduction to Euchre Tuesday, Jan. 18 11:00 am



Euchre is a funny name for an exciting, fast-paced and easy-to-learn card game. Only 5 cards in a hand; we can "handle" that, right? Easy scoring and 4 players to a table. Sound good? Interested? Here's your homework: go to YouTube and put in "How to play Euchre"; watch and learn! If you have a smart phone or tablet, get the app: **Euchre 3D**, and as they say

"Practice, practice, practice"! If there are veteran Euchre players out there, come and help teach the newbies. Join us on the third Tuesday in January at 11 a.m.

Senior Scams

The lecture by the FBI agent in November was eye-opening. We were shocked to learn that billions of seniors have lost money, sometimes a great deal of money, to scammers. Although many of us are aware of some of the most used cons, we continue to fall for them and become victims. Once we have allowed them to obtain our money, we can kiss it goodbye.



One of the simplest ways to prevent being scammed is not to answer the phone if you do not recognize the name or number. Most of us have Caller ID on our phones, and we need to realize that scammers can make the incoming number appear to be anything they want. Let phone calls go to voice mail; if it's a friend or someone you know, they will leave a message and you can call them back. Don't think it's clever to engage in conversation when you realize it's a con artist calling. Hang up as soon as you know it's a scam call.

Do not give out your credit card or bank account information or Social Security number, unless you have initiated the telephone call to a known agency or individual. Social Security/Medicare and the IRS do not make phone calls; they communicate by letter.

If you did not enter a sweepstake, do not fall for the scam that will tell you that you have won a large sum of money, but you are required to prepay the taxes before you can claim the prize, Hang up!

If a supposed friend calls you with some excuse why they can't get to the store to buy a gift card, so instead they beg you to go for them, do not fall for this scam. It is not your "friend" calling, and you will lose whatever money you spent purchasing that gift card.

If a relative (usually a supposed grandchild) calls and says they are in trouble and need you to wire them money, but "please don't let the rest of our family know about it", don't get sucked in. Hang up and call whichever relative was supposed to be in a jam and confirm that everything is just fine.

Don't get fooled by someone who becomes more than a friend very quickly, either online. or on your phone, declares their love for you and has all kinds of problems that require you to lend them money. Keep in mind it's most likely a Nigerian who is getting rich off your "donations." Romance scams against seniors are enormously costly and too many lonely widows and widowers lose all their investments and even their homes to these invisible thieves.

If you become a victim to a scam, don't be embarrassed and file a complaint. The following resources are available:

Federal Trade Commission Call 1-877-382-4357 or online at www.reportfraud.ftc.gov

Internet Crime Commission Center (IC3)
www.ic3.gov

F.B. I. Agent Shannon Brill 757 609-2654. She is the local agent who provided our lecture and she welcomes your calls with concerns or questions.

To learn more about scams go to:

- Office of the Attorney General of Virginia, www.vaag.com
- FBI's Internet Crime Complaint Center, www.ic3.gov
- 2020 IC3 Elder Fraud Report, https://www.ic3.gov/Media/PDF/AnnualReport/2020_IC3ElderFraudReport.pdf
- Federal Trade Commission, www.ftc.gov
- FCC Cyber Security Site, www.fcc.gov/cyberforsmallbiz
- AARP, www.aarp.org
- FBI, <https://www.fbi.gov/scams-and-safety/common-scams-and-crimes/elder-fraud>

Kudos to:

Lenore and Jeff Goodchild for hosting the Thanksgiving Day feast. Folks greatly enjoyed the food and fellowship. .

Peggy Nelson for providing our first lovely Christmas carol singalong and program. Although she was only asked to play the piano, she planned an entire program, lined up performers, had rehearsals and printed up lyric sheets. We also thank **June Klag** for all the wonderful annual Fa La La programs she created for us over past years.

Rose Doucette, our youngest volunteer, for hosting the Christmas Day pot luck gathering and to **Barbara Henley** for leading the New Year's Day celebration.

All our very generous members for the huge pile of Angel Tree gifts we provided to Creeds Elementary School students.

Special thanks to **Anne Bright** for doing all the leg work in preparation for the Angel Tree and to her and her **elf Jim** for sorting and delivering all the gifts. All her behind the scene work needs to be acknowledged and appreciated.

Social Security Raise and Big Increase in Medicare premiums for 2022

We were excited to learn we would be getting a decent Social Security Cost of Living Adjustment of 5.9%, but our joy was short-lived when we learned our 2022 Part B Medicare premium is increasing.

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A. Each year the Medicare Part B premium, deductible, and coinsurance rates are determined according to the Social Security Act. **The standard monthly premium for Medicare Part B enrollees will be \$170.10 for 2022, increase of \$21.60 from \$148.50 in 2021. The annual deductible for all Medicare Part B beneficiaries is \$233 in 2022, an increase of \$30 from the annual deductible of \$203 in 2021.**



The increases in the 2022 Medicare Part B premium and deductible are due to:

- Rising prices and utilization across the health care system that drive higher premiums year-over-year alongside anticipated increases in the intensity of care provided.
- Congressional action to significantly lower the increase in the 2021 Medicare Part B premium, which resulted in the \$3.00 per beneficiary per month increase in the Medicare Part B premium (that would have

ended in 2021) being continued through 2025.

- Additional contingency reserves due to the uncertainty regarding the potential use of the Alzheimer's drug, Aduhelm™, by people with Medicare. In July 2021, CMS began a National Coverage Determination analysis process to determine whether and how Medicare will cover Aduhelm™ and similar drugs used to treat Alzheimer's disease. As that process is still underway, there is uncertainty regarding the coverage and use of such drugs by Medicare beneficiaries in 2022. While the outcome of the coverage determination is unknown, our projection in no way implies what the coverage determination will be; however, we must plan for the possibility of coverage for this high cost Alzheimer's drug which could, if covered, result in significantly higher expenditures for the Medicare program.

This is My Wish for You by Ralph Waldo Emerson

This is my wish for you;
 Comfort on difficult days,
 smiles when sadness intrudes,
 rainbows to follow the clouds,
 laughter to kiss your lips.
 Sunsets to warm your heart,
 hugs when spirits sag,
 beauty for your eyes to see,
 friendships to brighten your being.
 Faith so that you can believe,
 confidence for when you doubt,
 courage to know yourself,
 patience to accept the truth,
 Love to complete your life."

Donations

Johnnie and Rae Williams in memory of Shirley Saunders and to be used as needed

Mary Brewer in memory of Shirley Saunders

J. L. and Phyllis Styron, Jr. to be used as needed and for Christmas

Rideshare Services for Seniors

Traveling and getting around town can be a hassle no matter your age, but the older you get, the less you may want to deal with navigating traffic. For some, the places we need to be are just a short car ride away. If you're traveling, that short car ride is preceded by a cross-country flight. Whether you're a little apprehensive about driving due to health-related issues or you simply just don't want to make the drive, check out a rideshare company.

Only eight percent of people age 50-64 and only four percent of people age 65 or older have used a rideshare service like Uber or Lyft, according to a study from Pew Research Center. With user-friendly apps, wide availability, cheap rates and even senior-focused versions, rideshare companies let you stay mobile and independent.

Popular rideshare services

- **Uber:** an Uber ride will cost you around \$0.90 to \$2.35 per mile, depending on the time of day and how busy the service is. If your family or friends are within 15-20 miles of your home or the

airport you fly into you're looking at fairly cheap fare.

- **Lyft:** Lyft rates run around the same as Uber, about \$0.90 to \$3.50 per mile.

Both Uber and Lyft have about 95 percent coverage across the United States and offer luxury rides and large vehicles if you're traveling with more than four or five people. Drivers undergo multiple background checks before they're hired. Both mobile apps are user-friendly letting you sign up by inputting your phone number and choosing your form of payment – credit card or Apple Pay. Payment is automatic once your ride is complete and there's even an option to split the fare if you're riding with multiple people and give a tip.


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
--Nancy Allan--422-1292

Newsletter
--Anne Bright--426-7832

Newsletter Layout
--Tom Shearer--426-7831

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January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3	4	5	6	7	8
	1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.)	10:30 - 12:00 Reading Group (PR Marcia H.)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	9:45 - 10:45 AM Tai Chi (PR Garry D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD)	
9	10	11	12	13	14	15
	12:00 Desk Duty Recruitment Lunch 1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	9:45 - 10:45 AM Tai Chi (PR Garry D.) 10:45 Writing (PR Jan D) 1:00 Cards (PR TBD)	 6:00 to 9:00 PM Game Night (PR Rita T.)
16	17	18	19	20	21	22
	1:00 PM Dominos (PR Linda A.) 	9:30 Exercise (PR R. Joyner) 11:00 Euchre - (Card Game-4 Players needed) (PR Marcia H.) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	10:30 Medication Storage and Disposal 11:30 Followed by Soup Social	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	9:45 - 10:45 AM Tai Chi (PR Garry D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD)	
23	24	25	26	27	28	29
 Belly Laugh Day	1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	1:00 History (PR B. Henley) 1:00 - 4:00 Questions on Medicare-Medicaid (PR Bonnie Dozier)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	9:45 - 10:45 AM Tai Chi (PR Garry D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD)	
30	31					
	1:00 PM Dominos (PR Linda A.)					