

## Lecture and Pot Luck Lunch Tuesday, June 12 11 am

On June 12 at 11 a.m., a very special presentation will be given at the Senior Center by Andy Friedman, Director of the city's Department of Housing and Neighborhood Preservation. Andy will talk about the new Housing Resource Center which will open this summer with the goal of making homelessness in the city rare, brief and non-reoccurring. The city and non-profit agencies will work together to provide services all at one location that will assist those already homeless, as well as those who are threatened with losing their homes. It is important that we all know about these services so that we can spread the word about the opportunities available to individuals and families in need. This Center will bring all of these services together in one location. Please come and become knowledgeable about this wonderful new facility so that we can make sure that folks in our part of the city will know about and be able to take advantage of these services. A pot luck luncheon will follow, so bring your favorite dish to share.

## June Klag decorator extraordinaire

**June Klag** is a very creative and artistic volunteer and always makes our special events look like a Martha Stewart production. Thanks, June for making the tables look so beautiful for our volunteer appreciation lunch and Mother's Day tea.

## Special Activities

Sat., June 2 Game Afternoon 1:30- 4:30 pm  
Wed., June 13 Antique Road show 10:00 am  
Sat., June 16 Game Night 6:30 – 9:00 pm  
Tues., June 26 Adult Story Time 10:30-12 pm

All of these activities are free and everyone is welcome to attend.

 **Thanks to the City of Virginia Beach for paving and re-striping our parking lot. Now the handicapped parking places are very clearly marked.**

## End of School Term

Creeds Elementary School will have their final awards assembly on the morning of Thursday, June 14, so expect to find a very full parking lot. Their summer vacation will begin after a half day of school on Friday, June 15.

## Farmer's Market Hoedowns

We forgot to announce the start up of Farmers Market Hoedowns in April. The following bands will play in June:

June 1 Dallas Band  
June 8 Timeline  
June 15 New City Sound  
June 22 The Long & Short of It  
June 29 Double Shot

Concerts are held every Friday night from 7 – 9 p.m., rain or shine. Bring a lawn chair or blanket to enjoy free, live, local music.

## JOY on hiatus until September

The Just Older Youth group meetings will not be held during the summer but will resume in September on the third Tuesday morning.

## Memorial Tree Planting for Houston Shirk

Our esteemed volunteer, Houston Shirk, was honored with a memorial tree planting and plaque in Creeds Elementary School's garden. The inscription on the plaque reads: "This tree is planted in memory of Mr. Houston Shirk, a loyal and faithful friend of Creeds Elementary School" and includes a quote from James Baldwin: "Try to improve every day." He was a well-loved volunteer at CES and SRC and will be sorely missed by many. Take time to walk in the garden behind our center and see his tree.

## New Adult Daycare Center in Town

Good news for families with older loved ones who need supervision and could benefit from socialization. The M.E. Cox Center in Virginia Beach has reopened after a brief closure and is now partnering with Prime Plus of Norfolk (Norfolk Senior Center.) The center has been redecorated and refurnished and provides a welcoming environment. Adult daycare is a great care option that provides caregivers with a break, while providing stimulation and company for seniors with memory impairment or other physical problems. Call 340-3488 for more information. The center is located at 644 N. Lynnhaven Rd. at the intersection with Little Neck Road.

## Funeral Expenses

If you have had to be involved in planning and paying for a funeral, you know how costly it can be. An option that is not well-known or advertised is purchasing caskets on-line. There are many companies that sell caskets that are ordered online, but delivered directly to the funeral home of your choice. Funeral homes are required by law to accept caskets ordered this way and you can save thousands of dollars by using your computer to shop. Among the many companies that sell online are: overnightcaskets.com; Amazon, Costco and BJ's.

## My Dad's Hand A poem in honor of Father's Day June 17<sup>th</sup>

Bedtime came, we were settling down,  
I was holding one of my lads.  
As I grasped him so tight, I saw a strange sight:  
My hands... they looked like my dad's!

I remember them well, those old gnarled hooks,  
there was always a cracked nail or two.  
And thanks to a hammer that strayed from its mark,  
his thumb was a beautiful blue!

They were rough, I remember, incredibly tough,  
as strong as a carpenter's vice.  
But holding a scared little boy at night,  
they seemed to me awfully nice!

The sight of those hands - how impressive it was  
in the eyes of his little boy.  
Other dads' hands were cleaner, it seemed  
(the effects of their office employ).

I gave little thought in my formative years  
of the reason for Dad's raspy mitts:  
The love in the toil, the dirt and the oil,  
rusty plumbing that gave those hands fits!

Thinking back, misty-eyed, and thinking  
ahead,  
when one day my time is done.  
The torch of love in my own wrinkled hands  
will pass on to the hands of my son.

I don't mind the bruises, the scars here and  
there  
or the hammer that just seemed to slip.  
I want most of all when my son takes my  
hand,  
to feel that love lies in the grip.

by David Ketter



## Old Medication Drop Off Site



Walgreen's now has a secure drop box for outdated and unused medications at their store on the corner of Nimmo Parkway and Upton Drive. This may be a more

convenient location for you, instead of going to the First Precinct police station drop box at the Municipal Center. Don't flush your old meds down the toilet, but take the time to dispose of them safely.

## Donations

Garland Eaton in memory of Wilcie Leonhardt  
Johnnie and Rae Williams in memory of  
Houston Shirk

## Decluttering, Swedish Style

In the new book, *The Gentle Art of Swedish Death Cleaning*, author Margareta Magnusson, explains how decluttering your home can not only simplify your lifestyle as you age, but relieve your family of the burden of having to go through your belongings upon your death. You can take time to sort through your "stuff" and decide what possessions you'd like to give to certain family or friends now, even asking them what pieces they would like. It can be pleasant to go through things, reminiscing about their history and worth, while you also can discard things that no longer have meaning or value.



## Combating the Epidemic of Loneliness in Seniors

By Anne-Marie Botek (AgingCare.com)

Age brings many difficult changes that contribute to a more solitary life. One of the biggest issues for seniors is that their social circles begin to shrink as the years go by. Friends, significant others and family members move away or pass away. Even those who still live close by may be inaccessible due to limited mobility, especially once a senior can no longer drive safely. Age-related changes in one's physical condition, such as hearing loss and low vision, can make it so difficult to communicate that it doesn't seem worth the effort anymore.



Embarrassment can be a factor as well. Many older adults who suffer from incontinence, are on oxygen therapy or need to use a mobility aid to get around not only face logistical obstacles when it comes to leaving the house, but they must also overcome feeling self-conscious about these “obvious” signs of aging.

It is trying enough for a senior to maintain healthy relationships despite these challenges, but when one’s entire peer group is experiencing any combination of these factors, it can be difficult if not impossible to get together or keep in touch on a regular basis. Sadly, many seniors experience a decline in the number and quality of their relationships as they age, whether it is self-imposed or due to outside forces.

### **The Consequences of Loneliness**

In addition to the damaging mental effects of feeling that one lacks fulfilling personal relationships, feeling lonely can also take a toll on one’s physical health. A University of California, San Francisco (UCSF) study found that participants 60 years old and older who reported feeling lonely saw a 45 percent increase in their risk of death. Isolated survey respondents also had a 59 percent greater risk of mental and physical decline than their more social counterparts. This decline manifested specifically in participants’ abilities to perform activities of daily living (ADLs), the six basic tasks that are necessary for truly independent living. In other words, loneliness has the potential to accelerate a senior’s need for assistance from a family caregiver or another source of long-term care.

Loneliness is thought to act on the body in a way that is similar to chronic stress. It raises the levels of stress hormones like cortisol in the body, which impairs immune responses and contributes to inflammation, mental

illness and conditions like heart disease and diabetes. Another study published in the Journal of the American Medical Association Psychiatry even found that loneliness may be associated with the development of brain biomarkers associated with preclinical Alzheimer’s disease.

Lastly, psychologists from the University of Chicago analyzed data from an ongoing multi-generational cardiovascular study that began in 1948 and discovered another remarkable characteristic of loneliness: It is contagious. Older adults who feel lonesome are more prone to behave in ways that may cause other people to not want to be around them. Researchers found that solitary seniors have a tendency to further isolate themselves by pushing people away and not making efforts to engage with others. Furthermore, the few people that lonely seniors interact with are likely to become lonely themselves and follow the same path to the outskirts of their social networks. This has serious implications on the health and social lives of family members who are caring for lonely seniors.

### **Ways to Alleviate Loneliness**

- Listen and observe. “We often don’t listen enough to the people we love,” laments Tina Tessina, PhD, psychotherapist and author of *The Ten Smartest Decisions a Woman Can Make After Forty*. According to Tessina, “Saying ‘tell me more’ is a gift you can give from your heart.” Encouraging them to express themselves can help you discover what interests and passions lay dormant, just waiting to be rekindled.

**Do your best to help them discover ways to adapt these hobbies or find new pastimes altogether.**

- Develop a strategy to defeat seclusion. Once you know what your loved one enjoys doing, you can use this information to develop a personalized loneliness eradication plan. Sometimes our elders just need a creative push to step outside their comfort zone.

- Let them teach you. Caregivers can connect with their loved ones by allowing them to pass some hard-earned knowledge on to you. This not only has the potential to be a great bonding experience, but it can also help restore a bit of balance to the child-parent dynamic that may have been lost once caregiving began.

- Bridge the generation gap. Caregivers can play a vital role in fostering a relationship between a senior and their youngest relatives. Seniors have the potential to contribute a lot to their families if they are allowed to remain engaged. Research has shown that an unengaged elderly adult will interact with other people.

- It's the thought that counts. Another piece of advice from the pros is to urge other family members to reach out to an elderly loved one. Something as simple as sending a card, sharing a favorite meal, or calling for 30 minutes a couple times a week can go a long way to making a senior feel loved and connected to the rest of the family.

### 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 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 online at [www.vbsrc.com](http://www.vbsrc.com) and help save printing and postage costs.

# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
					9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (Pr. Sarah Burke) <b>12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only.</b>	<b>1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. &amp; Carol Todd)</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	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 Writing (Pr. Jan Vonovan) <b>12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only. Jan Donovan</b>	10:00 -12:00 Crafters (PR Pat Jenkins)
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	1:00 Dominoes/Cards	11:00 Housing Resource Center - Speaker Andy Friedman - potluck lunch to follow (PR Barbara H.) 1:00 Bingo/ Cards	<b>10:00 Antique Road Show (PR Jim O.)</b> 1:00 History 1:00 Cards <b>2:00 Photography (Shutterbugs)</b> <b>3:00 Cards (PR Sharon Prescott)</b>	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 "Topic TBD" (Pr. Sarah Burke) <b>12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only.</b>	<b>6:30 - 9:00 pm Game Night (PR Jo-Anne R. &amp; Ritan T.)</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Father's Day</b>	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) <b>No Line Dancing ?</b>	9:30 Yoga (PR Linda T.) 10:45 Writing (Pr. Jan Donovan) <b>12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only. Jan Donovan</b>	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		
	1:00 Dominoes/Cards	<b>10:30-12:00 Adult Story Time (Pr. Peggy J.)</b> 1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) <b>No Line Dancing</b> (Pr. Rita T)	9:30 Yoga (PR Linda T.) <b>12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only.</b>	