

Game Afternoon

Saturday, March 3 1:30-3:00 pm

The first afternoon game session held in February was a huge success, so everyone is invited to a repeat performance. This is a great way to make some new friends, give your brain some exercise and get you out of the house for a while. Bring a snack to share if you'd like. The coffee pot is always on.

F.E.M.A. Lecture and Update, Pot Luck Soup Social

Monday, March 12 11:00 am



Battalion Chief Tracy L. Freeman with the Virginia Beach Fire Department will be our speaker on Monday, March 12,

for a special presentation on emergency readiness. Tracy serves as the Program Manager for Virginia Task Force 2 and is responsible for the day to day operations of the Task Force. He has been with the Fire Department for thirty years and has been a member of the Task Force for twenty-five years. This background alone will let you know that he is a speaker you won't want to miss, but to make it even better, Tracy grew up in Creeds and knows this area like the back of his hand. Just last fall, he served with the Task Force as they helped with water rescues in Houston, and shortly after they returned from Houston, they left for Puerto Rico to help with that rescue effort. His twenty-five years of experiences with natural and man-made disasters, coupled with his knowledge of our area, will make him the expert to tell us how we should prepare for that

storm that heads our way. Tracy's presentation will begin at 11:00 and will be followed by a soup social lunch. Please bring your favorite soup to share, or if you don't make soup, bring crackers or a dessert to share.

JOY

Lecture and Pot Luck Lunch

Tuesday, March 20 9:30 a.m.

Our speaker will be Stephen Gunn, a reporter with the *Virginian-Pilot*. Come early for blood pressure check and be sure to bring a dish to share for lunch.

Creeds Ruritan Annual BBQ and Spring Craft Fair

Saturday, March 17 11:30 am-4:30 pm

The Creeds Ruritans will be hosting their annual BBQ and Spring Craft Fair at The Ralph Frost Activity Pavilion located at the Creeds Ruritan Community Complex, 1057 Princess Anne Road.



Game Night

Saturday, March 17 6:30-9:00 pm

Celebrate St. Patrick's Day by playing cards or other games with old and new friends. Bring snacks or sweet treats to share.

St Patrick's Day

Friday 17th March

Story Time

Tuesday, March 27 10:30 am-12 noon

Peggy Jebavy from Pungo-Blackwater Library will entertain you with some readings.

Daylight Savings Time Begins

Saturday March 10 at midnight

When you go to bed Sat. night, don't forget to turn your clocks one hour ahead. We will welcome late afternoons that aren't so dark, even if it throws off our biological clocks. Thank Ben Franklin for starting this tradition, intended to conserve energy. Remember, too, to check your smoke detector batteries and install new ones if needed. Our fire department can install a new smoke alarm for you for free through **Operation Smoke Detector™** if you reside in your own home. Call VBFD at 471-5826 to request a detector or if you have trouble checking your detector to see if it's functioning properly.



AARP Income Tax Preparation Assistance



AARP Tax-Aide volunteers provide free tax preparation for low and moderate-income people. They are available only at Virginia Beach Central Library, 4100 Virginia Beach Blvd, from Monday- Saturday, 10 am – 4 pm.

No appointments are needed, and you may need to wait in line a while. Go online to www.aarp.org/money/taxes/info-01-2011 for a complete list of documents you will need to provide.

First Responders Appreciation Lunch

Once again, we had a great turnout for this annual event that honors our police, fire and rescue members. Bravo to **Anne Bright** for cooking most of the delicious main course and **Juanita Swoope** for her yummy cabbage. The hot, home-cooked meal was a huge hit. We also had the biggest dessert buffet ever, so thank you to all our wonderful bakers.

Critical Need for More Desk Duty Volunteers

Shari Wilson, the Department of Human Services liaison at the Senior Resource Center, has been assigned additional duties that will require her to be at another location and less available to be at SRC. That means we will be needing 2 volunteers to cover the days Shari has been at the Center. including Tuesday and Friday mornings, as well as Friday afternoons. The card club has graciously offered to cover the desk when they are playing (usually Monday, Tuesday, and Thursday). For safety purposes we encourage volunteers to sign up in pairs. We know you must be tired of us begging for your help, but the need has now grown even greater. Pictured here, you see Dee Duffy enjoying an afternoon of duty.



Please, please consider giving half a day just once a month. Call us at 385-2175 to set up a brief and easy orientation.

Leaving your Loved One Home Alone

If you are a caregiver to someone with dementia, you will no doubt have many questions to ponder as you decide upon the prospects of leaving a loved one in the early stages of dementia home alone:

- Will they attempt to go outside?
- Will they hurt themselves?
- Will they need emergency assistance?
- Will they forget that the stove is on?

This difficult question involves you the caregiver, and your loved one, who was once an independent person. Both of you will probably disagree with the situation, as it is normal for caregivers to feel their loved one cannot be alone, while loved ones believe they are fine and healthy enough to be alone for however long. Asking other family members, health care professionals, and other caregivers for advice will go a long way to determining the likelihood of their safety being jeopardized when left alone.



Some important questions to consider in the decision include:

- Are they capable of calling 911 or neighbors if an emergency occurs?

- Can they distinguish friends and family from strangers if they are faced with answering the door or having someone enter the home?
- If they are hungry, can they prepare and eat a meal without your assistance?
- Is it easy for them to use the bathroom without your help, or do they require aid every time? Are there any other plans in place if they are not able to go to the bathroom without your help?
- How does their behavior and temperament change from when you leave to when you return? Do they appear angered or scared at the first sign of you leaving the house?
- In case of emergency are they able to leave the home and seek shelter outside?
- Are they aware of smoke alarms and unusual noises, which may trigger danger, or are they likely to overlook all such noises?
- Are they likely to wander off and get lost easily?
- Are they routinely experiencing emergencies, which places their life in jeopardy? Do they suffer from epilepsy, or shortness of breath that may need to be monitored all the time?
- Do they get lonely easily and feel deserted at the slightest moment of your absence?
- Can they be destructive at times of stress and sickness and cause damage to themselves and your home in the process?

Depending on your answers to these questions, your decision on the possibility of leaving your loved one home alone should be clearer. If your answers gave you a sense of dissatisfaction, it is in your best interest to find assistance through a family member or home care aide who can stay with them while you are gone. But if the answers to the questions were comforting, you may still be able to leave your loved one alone, although you must regularly check up on their progress to ensure their safety in the future. This is certainly not an easy situation for

everyone but understand your own feelings when making the most sensible and safe decision for all involved.

From Today's Caregiver
www.caregiver.com

Donations

Lettie Dozier in memory of Pete Dozier
 Barbara Vaughan Office Supplies

Dreams of the Children

Everyone is good enough
 Everyone is right
 Everyone deserves a home
 And a warm bed at night
 Everyone needs a friend
 Everyone needs their space
 All people are created equal
 So why is it the human *race*?
 Perhaps our only problem
 Is that some refuse to see
 Not everyone else is the trouble
 The trouble is you and,
 So if we work together
 As a team, me and you
 Maybe we can rebuild our world
 And make our dreams come true.

By Jody Suzanne Waitzman, age 13



Wise Words from Mum on Living with Dementia

By Sarah Jane (AgingCare.com)

Mum's gone downhill over the past few months. This is hardly surprising since she's been living with Alzheimer's disease for over a decade, but it's a shock all the same.

I've been a bit in denial, thinking it's just a blip. I'm hoping that she'll suddenly perk up and get back to her energetic self. I'm hoping that she will no longer be constantly exhausted, physically and mentally. I'm praying that we'll be able to walk around art galleries, take train trips and rummage in thrift shops again. Instead, we are stuck with tiny outings followed by a cup of tea and a long nap.

Actually, it's more like a short nap, more confusion, another nap, and then back to the rest home.

Yesterday I scooped Mum up and took her shopping. What that really means is I drove to the shops and persuaded Mum to struggle out of the car for a few brief forays into stores—the kinds of places Mum used to love to explore. After less than five minutes, Mum's about to keel over. I ask a shopkeeper for a chair where she can rest. It's simple: if the shop assistant finds one, we stay. I might even buy something. If they don't have a seat for Mum, then we leave.

After three shops, we give up and decide to drive to my place for a sit down and a nice cup of tea. "Is there any other sort?" asks Mum.

As we approach the house, a sad-looking person shuffles, hunchbacked, across the road.

He looks a bit depressed,” I say brightly. I’m driving slowly now, searching for a parking spot.

“I’m depressed,” Mum replies.

“Are you?” I ask, struggling with the small parking space and a suitable reply. “About what in particular?”

“About the lack of a future,” states Mum.

It seems important for me not to dismiss this. I must stay with it even though I have no idea what to say. I finish parking the car and turn to Mum. “It must be hard, being 88,” I begin.

“I’m not depressed about being old,” Mum interrupts. “It’s just that I’m not good at anything anymore.” She gazes out the window. “I’ve used up my ticket.”

“Used up your ticket? Used up your ticket...” I can’t stop saying it. Images of fair rides and EuroRail passes run through my head. Mum gives me an inquisitive look. “That’s so good.”

We look at each other again. “You’re such good company,” I say. Mum smiles and squeezes my arm. I think about how much she loves to see me every Saturday, how she always notices my hair and my clothes, how she picks up on my mood, how she asks about the children, realizing all the while that she has no idea where they live or what they’re doing. I think about how, in

the moment, Mum has lost none of her conversational spark.

We’ve sat on the sofa, drunk tea and eaten tomato sandwiches. Mum is preparing to go home and fussing about what she might have brought with her and whether she still has it. She’s not sure where I’m taking her. She’s tired and can’t summon the rest home to mind. We’ve been out for less than two hours.

“I’ve had such a lovely day,” says Mum, kissing my hair.

“So have I.”

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.

March 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				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 "Topic TBD" (PR Houston S.)	1:30 - 4:30 pm Game Afternoon (PR. Rita T.)
4	5	6	7	8	9	10
	1:00 Dominoes/Cards	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 Writing (PR Houston S.)	10:00 -12:00 Crafters (PR Pat Jenkins)
11	12	13	14	15	16	17
Daylight Saving Time starts - Check Smoke Detectors 	11:00- 1:00 pm Tracy Freeman, VA Beach Fire & Rescue, Recent FEMA Activities Pot Luck to follow (PR Barbara H.)- 1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards 1:00 History 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	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 Houston S.)	St. Patrick's Day 17 Creeds Ruritan - Annual BBQ and Spring Craft Fair 11:30 - 4:30 6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
18	19	20	21	22	23	24
	1:00 Dominoes/Cards	9:30 Blood Pressure Testing 10:00 JOY, Speaker- Steven Gunn, Reporter with the Virginia Pilot 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 Writing (PR Houston S.)	
25	26	27	28	29	30	31
	1:00 Dominoes/Cards	10:30 - 12:00 Adult Story Time (PR Peggy J.) 1:00 Bingo/ Cards	1:00 Cards 1:00 History			