

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – MARCH 2019

IN OUR ELEVENTH YEAR

Phone: (757) 385-2175 | Website: <https://www.vbsrc.com> | Email: info@vbsrc.com
facebook: <https://www.facebook.com/VirginiaBeachSeniorResourceCenter>

City Staff Appreciation Luncheon

Wednesday, March 6 11:30 am-1:00

For the first time, we will be showing many of the City of Virginia Beach staff who have provided such wonderful support for the SRC for more than 11 years how very much we appreciate them. We have invited our new Mayor, City Council members, and others who have been so helpful to us. SRC will provide the lunch entrée, but **we'd like you to bring side dishes and desserts.**

St. Patrick's Day Celebration

Sunday, March 17 3:00 pm

Come out to enjoy some Celtic entertainment . Wear something green and stay to enjoy the corned beef and cabbage that will be provided. Bring desserts to share.



JOY(Just Older Youth)

Lecture and Pot Luck Lunch

Tuesday, March 19 10:00 am

Healthy Living for Your Brain and Body will be the lecture topic, presented by Ellen Clements. This program, sponsored by the Alzheimer's Association, will provide research-based recommendations for taking care of your brain and body in order to age as well as possible. It is intended for healthy individuals who are looking for ways to age well. As usual, you can come at 9:30 a.m. to have your blood pressure checked. Lecture starts at 10. SRC will provide spaghetti for lunch but we'd like you to bring salad or dessert to share.

Annual SRC Volunteer Appreciation Luncheon

Tuesday, April 9 11:30 am

If you are a volunteer at SRC, save the date of Tuesday, April 9 at 11:30 a.m. to attend our yearly appreciation luncheon. If you lead a class, help with the newsletter, cover desk duty shifts, serve on the Board, or in any other way lend a hand to the Center, please join us. Lunch will be provided----no pot luck donations needed! Call the Center at 385-2175 or email twingranny05@gmail.com to R.S.V.P by April 2.

AARP Tax Aide

AARP volunteers will prepare your tax returns for free at the Central Library, 4100 Virginia Beach Blvd., VB 23452. Hours are Monday-Sat. 10 a.m.- 4 p.m. No appointments, first come first served. You'll need to bring: your Social Security card or a copy of it; 2018 W-2 or other income/pension statements; 2017 tax return; photo I.D.

Daylight Savings Time Begins

March 10 2:00 am

It's that time of year again. Seems like we just turned back our clocks! Don't forget to turn your clocks ahead one hour when you go to bed Sat. night, and begin to enjoy a little bit more daylight.



Postage Stamp Increase

Did you know the U.S. Postal Service once again increased the price for first class stamps by 5 cents? As of Jan. 27, 2019, a stamp now costs \$.55! If you use already had Forever stamps on hand, they are still valid.

End of Our Recycling Efforts for SPCA

Due to changes at the SCPA, **we will no longer be collecting cardboard tubes or medicine bottles.** If we find another resource that can use those items, we will let you know. In the meantime, we will still be collecting used printer ink cartridges, old cell phones and eyeglasses.

Thanks to Jo-Ann Roffler for taking our recycled donations to the SPCA.

Resources for Folks with Parkinson's or Multiple Sclerosis

If you or a loved one has Parkinson's Disease, you might like to check out a local center called Empowerment Wellness/Rock Steady Boxing. Studies have shown that boxing practice can improve Parkinsonians' overall status and it provides good exercise. Sessions cost \$10 each, or you can get a punch card for 10 sessions for \$80. Call Wendy Wilkerson at 474-6300 for schedule information. Her center is at 4402 Princess Anne Rd., VB 23462 (near where Ferrell Parkway begins, close to Lynnhaven Pkwy.) Wendy also hopes to start sessions for M. S. individuals, so get in touch with her if you are interested. She also provides Tai Chi and strengthening classes.

Alzheimer's Association Resources

Our local Alzheimer's Association provides several wonderful activities for free:

- **Peers and Partners-** for individuals with early Alzheimer's or other dementias and their caregivers, this program consists of two groups that meet at the same time. One group is for the people with early dementia, who engage in an activity and sharing. In a separate group, their care partners meet as a support group and to learn about resources. **Prescreening is required** for this joint program by calling 1-800-272-3900. These groups meet at Prime Plus near Wards Corner in Norfolk. Schedule information will be provided when you call to be screened.
- **Art Matters-** This group meets at the Chrysler Museum in Norfolk on the 2nd Friday of each month at 10:30 a.m. through June. Those with dementia and their care partners tour the museum with a docent. After the tour, attendees can buy lunch in the museum café.
- **Ballroom Dancing-** Meets weekly on Wed. from 10-11 a.m. in Newport News. They are hoping to begin dance lessons Southside in the near future. Those who attend say it's worth the drive for the enjoyment they receive. The art and dance classes are opportunities for couples to enjoy social time with others in a setting that is gearing toward those with dementia.
- **Early Stage Education Series-** for those with a recent diagnosis of Alzheimer's or other dementias and their care partners, this is a 3-session program that will provide a wealth of information. Classes at Prime Plus in Norfolk on Thurs., 4/25, 5/2 and 5/9 from 10 a.m.- 12 noon. Call to preregister at 1-800-272-3900;

Call the Alzheimer's Association for more information at or go online at www.alz.org/seva. If you use a computer and have dementia, or are a family member or friend of someone who has dementia, you can go online to alzconnected.org to get information and advice and to get support.

Protect Yourself from Scams

We learned so much from our Commonwealth Attorney at his lecture Jan. 30 and were reminded how important it is that we increase our awareness of potential scams. Beware of these common, current phone and computer schemes:

- Jury Duty Scam- threaten you with a warrant for missing jury duty, unless you pay a \$500 fine. In reality, you will not be contacted by phone by the courts and t you will not be fined.
- Home healthcare- if you get a "home visit" from a supposed home health agency that was not scheduled with you ahead of time, don't let these impostors in your door. They visit as a duo and while one pretends to discuss your home health services, the other shady visitor cases your home and steals valuables. Always ask to see the official I.D. badge when a company representative knocks at your door. You can tell the visitor to wait outside while you call is/her company to confirm the visitor is legit.
- Dominion Power in-home repairs- Phony Dominion Power repairmen claim they need to come in your home for repair work. Don't let them in- they do all their work outside.
- Grandparent scam- a distressed caller tries to sound like your grandchild who is in trouble and begs you to wire money and not tell his/her parents. Don't fall prey to this ruse- hang up.
- "Yes" scam- the caller asks "can you hear me?" When you reply "yes," the scammer can copy your voice and use it to falsely claim that you agreed to certain charges, etc.
- IRS calls- claim you owe additional taxes or are due a refund or else.... IRS does not initiate telephone calls and if you owe them money, they will write to you.
- Lottery and sweepstake scams- caller tells you that you've won a contest that you didn't even enter, but you must "prepay" fees before they can send you a check. Keep in mind that you do not pay taxes before you obtain your winnings, so don't send any money or give credit card information.
- Charity scams- investigate any charity that's asking you to donate. Unfortunately, there are lots of criminals who invent fake charities. You can check online at www.give.org regarding legitimate charities. If you receive online requests for gofundme donations, think twice if you don't personally know the person who will receive the funds. If you do donate, make the check out to the charity, not to an individual.
- Home Repairs- Be leery of door-to-door salesmen who appear without an appointment, especially those who claim their firm is in the neighborhood doing work. If you are planning home repairs, ask to see their business license, get a written contract stating the cost, amount of deposit, and start/finish dates. Do not pay all of the cost up front. Beware of high-pressure tactics.
- Identity theft- Be more mindful of sharing your vital information. A thief can use your personal information to steal money, apply for credit cards/loans, obtain fraudulent medical services, file false tax returns or declare bankruptcy. Be mindful of how you discard paperwork that contains personal data. Buy a paper shredder or at least cut up any paper financial statements before throwing them away. Do not give your Social Security, date of birth, etc. to any unidentified caller.
- Don't be fooled by numbers on your phone's caller I.D. as scammers can create a number

that mimics a local number and even make it look like a local city government is calling. Most likely the calls are coming from abroad. Don't bother to answer—computer generated scam calls won't leave voice mails. Also, don't be fooled by fake websites that scammers create that look just like the real company.

You can receive free online Consumer Alerts from the Federal Trade Commission by going online to www.ftc.gov.

Food for Thought from johnpavlovitz.com

At the end of the day, the world will either be a more or less kind, compassionate and loving place because of your presence. Your move.

Hip Tip

If you or a relative or friend are considering a hip replacement, be sure to do your homework and become educated about the newer “jiffy” procedure. This type of surgery is done towards the front of the lower torso, thus, it's called “anterior.” The old-style procedure that is still done is “posterior,” and requires much more cutting and a longer recovery and more physical therapy. Check with local orthopedic practices to find those doctors who do the “jiffy” surgery---it's definitely the way to go.

Six Ways to Practice an Attitude of Gratitude

By Kate Silver www.getold.com

1. Start that gratitude journal. Grab a notebook and start counting the ways you're thankful. It may seem hard at first, but once you start training your mind to think in terms of gratitude, who knows? You may look at

the world a little bit differently. Set aside some time every day and challenge yourself to write down one thing (or more) you're grateful for. But don't stop there. Also write down why you're grateful for them. That way, you're not just recording, you're analyzing and understanding what makes you tick. Want more? Here are some other prompts to add to your gratitude journal:

- ✓ Who in your life has made a great impact and why?
- ✓ What is your favorite season and what do you love about it?
- ✓ What musician or band makes you smile?
- ✓ What family recipe do you love the most, and what's the story behind it?
- ✓ What are some of your favorite memories from childhood?
- ✓ What's the best book you've read lately and how did it make you feel?
- ✓ Who in your life opens your eyes to new concepts, new cultures and new beliefs?
- ✓ When is a time that you struggled? How did you come out of that struggle?

2. Get out there and help others who may not be as fortunate as you. Sometimes, we all need to get out of our bubbles to appreciate the things that we have. Find an opportunity in your community where you can help others. Perhaps you can spend time visiting a senior center or tutoring kids who are in an after-school program. Maybe there's an animal shelter that needs volunteers. Think about ways that you can help out. Soon, you may find yourself writing about the experience in your gratitude journal.

3. Accept compliments. It can be uncomfortable when someone says kind things to you. It's easy to dismiss them, or shrug them off or make a joke. Instead, be grateful for the kind words, and genuinely thank the person who said them to you. You don't have to compliment them back. Just

look them in the eye and show your gratitude.

4. **Show up.** When a friend or family member needs help or wants company or seems not quite like themselves, be there for them. Call, write, email, visit — whatever it takes. Let them know that you appreciate the role they play in your life by being there for them.
5. **Practice mindfulness.** Mindfulness means living in the moment. It means appreciating every bite of your lunch. Enjoying the soft purr of your cat. Embracing the time that you have with your grandchildren. And savoring time spent doing things you love. Rather than just going through the motions of all of the above, remind yourself to be in the moment and aware of all that's happening around you. It's easier to be grateful when you're savoring the experience.
6. **Tell people you appreciate them.** We're not talking about a "nice sweater," here, although that's a lovely thing to say, if you mean it. Rather, think about the things you relish about your friends and family. Write those items down in your gratitude journal. And then be sure and share the compliments with the people, themselves. You can say it over the phone, via email, in person or — our preference — in a thoughtful letter. Let them know why you adore them. It'll make you feel good for spreading the love, and they're bound to enjoy knowing that they've made an impact on you. They may even pay the compliment forward and start a gratitude chain.

No matter where you are in life, there are, no doubt, many reasons to be grateful. Think about those reasons, and they may help brighten your entire outlook on the world.

be thankful



Donations

June Klag in memory of Ruby Waterfield Morris, Mike Brown, Charles Brockett, Kermit Mitchell, Elsie V. Creekmore, Marilyn Danner, Mike Clark, Hudson Foschi, Sara Hembree

Judith Hall in memory of Ed Hall, Marilyn Danner and Bob Danner

Madeline Harris in memory of Marilyn Danner

Barbara Henley in memory of Marilyn Danner

Betty and Walter Whitehurst in memory of Bob and Marilyn Danner

Johnnie and Rae Williams in memory of Marilyn Danner

CORRECTION:

Senior Services I Ride van transportation to medical appointments **does not** serve the southern part of Virginia. The information that we published in the September 2018 newsletter was given to us in error by that agency.

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.

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					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)
3	4	5	6	7	8	9
	1:00 Dominoes/Cards	1:00 Bingo/ Cards 7:00 -9:00 PM Ballroom Dancing (PR. Rita J.)	11:30 - 1:00 PM City Appreciation Lunch (PR Barbara H.) 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 Donovan) 12:00 Tai Chi (PR Gary Donovan)	10:00 -12:00 Crafters (PR Pat Jenkins)
10	11	12	13	14	15	16
 	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	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 Conversations "Topic TBD" (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.) 11:30 - 5:00 PM Creeds Ruritan BBQ and Craft Fair
17	18	19	20	21	22	23
3:00 PM Celtic Entertainment - Wear something green will be serving Corn Beef and Cabbage for supper	1:00 Dominoes/Cards	9:30 Blood Pressure Testing 10:00 JOY, Healthy Living for Your Brain and Body, Ellen Clements Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards 7:00 -9:00 PM Ballroom	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 Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	
24	25	26	27	28	29	30
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