

SENIOR RESOURCE CENTER, INC.

IN OUR TENTH YEAR

NEWSLETTER —MAY 2018

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

Mother's Day Tea

Friday, May 11 1:00 pm-3:00pm

Ladies and gents are invited to celebrate Mothers with a yummy Finger Food/Dessert Buffet. Hats are optional. Bring your favorite tea cup. Piggy Bank/Food Pantry Donation is always appreciated.
Hostess: June Klag



JOY

Lecture and Pot Luck Lunch

Tuesday, May 15 10:00 am

Shawn Buckon and her boss Tom Knox from Senior Corps will be presenting "Planning for the Unexpected Later in Life." We understand that all people live their lives for today... for the here and now. While we are healthy, we take for granted that life will always look the way we know it to be today. Unfortunately, unexpected events always occur. Discussing the potential for the unexpected events, and how some of these events might actually be predicted and planned for, can make the difference between crisis and managed inconvenience. Tom Knox started Senior Corps over 14 years ago and he has a wealth of experience, stories, and excellent advice on navigating through life's unexpected occurrences as we age and how to take measures to limit the stress.

As usual, we will have blood pressure checks at 9:30 and pot luck lunch to follow the presentation. Come out and enjoy this last JOY Group session until the fall.

Fond Memories Concert

Friday, May 18 7:00 pm-9:00 pm

Our frequent singing group returns to lift our spirits. These talented local performers are guaranteed to get your toes tapping. Doors will open at 6 p.m. Donations will be collected for the band's operating expenses. Bring snacks or sweets to share at intermission.

Memorial Day Gathering

Monday, May 28 10:00 am

This annual event begins with a flag raising in front of Creeds Elementary School at 10 a.m., followed by a pot luck brunch at the Senior Resource Center. Our local Scout troops will be participating in the flag ceremony, and we encourage you to attend in support of them. We also encourage you to attend if you are a veteran and to invite all veterans that you know.



The 4 Most Common Age-Related Eye Diseases

By Marlo Sollitto agng.care.com 12/22/17



By age 65, one in three Americans have some form of vision-impairing eye condition. There are four major age-related eye diseases (AREDs) that affect seniors: glaucoma, cataracts, macular degeneration and diabetic retinopathy. Learning about the symptoms of and treatments for each

of these conditions can help you protect your vision and that of an aging loved one.

Glaucoma occurs when the pressure within the eye is elevated, which can damage the optic nerve and result in vision loss and blindness. There usually are no initial symptoms, so as many as one million people may have glaucoma without realizing it. This condition is one of the main causes of blindness in the United States.

At first, glaucoma yields no obvious symptoms. However, as the disease progresses, a person with glaucoma may notice their side or peripheral vision gradually failing. Sufferers may experience worsening tunnel vision if left untreated.

There are many different types of medications (in eye drop and pill form) that are used to treat glaucoma. In some people, however, medications alone do not successfully control increased eye pressure, and surgery needs to be performed. One type of surgery called trabeculoplasty uses a laser to improve the flow of fluids out of the eye, thereby reducing pressure. This can be done in your doctor's office. There is also conventional surgery called trabeculectomy in which your doctor creates a new drainage path in the eye, under the eyelid.

Risk factors for glaucoma include age, family history of glaucoma, the use of steroid medications and near-sightedness.

Cataract is a clouding of the eye's usually transparent lens. The lens is composed of water and protein, but if the protein clumps together, it can start to obscure transmission of light through the lens. If the cataract worsens and begins to severely affect vision, surgery may be necessary to remove the cloudy lens and replace it with a new one.

People with cataracts often complain about glare, cloudy/fuzzy vision, double vision in one

eye or halos around lights. Surgery is the only way to correct vision loss caused by cataracts.

Getting older is a major risk factor for cataracts, and women are at slightly higher risk than men. People who smoke, do not protect their eyes from the sun and have a family history of cataracts are more likely to develop them as well.

Macular Degeneration (MD) diminishes sight in a dramatic way: It affects one's central vision. Although people with MD rarely go completely blind because of it, many find it difficult to read, drive and perform other daily functions. This condition affects the macula, an area at the center of the retina that is responsible for focused, central vision.

In the early stages of MD, there are usually no visual symptoms. A person's central vision will eventually appear wavy or blurry, and in advanced cases it may disappear completely. However, peripheral vision usually remains intact because the rest of the retina is still healthy. Even with some remaining vision, it can still be difficult for those with MD to detect fine details and colors.

MD is considered an incurable eye disease, but there are a few treatments that can help slow its progression. People with macular degeneration can be treated with laser surgery and anti-angiogenic drug injections. Low-vision devices are also helpful for maintaining an active and independent lifestyle in spite of visual changes.

Age is the biggest risk factor for developing MD. It is estimated that 6.5 percent of Americans age 40 and older have some degree of macular degeneration. Family history, race (whites appear to have a higher risk than blacks or Hispanics), high blood pressure and smoking are other risk factors.

Diabetic Retinopathy, a potentially blinding disorder, is a complication of diabetes.

Diabetes causes abnormal changes in the retina's blood vessels, causing them to become leaky and grow where they should not. These new vessels tend to break and bleed. As they try to heal, the damaged blood vessels will contract and detach the retina.

Symptoms of diabetic retinopathy include shadows or dark objects that appear to "float" across your field of vision, blurred or distorted vision, partial loss of vision and pain in the eye.

Consistently high blood sugar and high blood pressure are associated with retinopathy. Type 2 diabetics who use the medicine rosiglitazone (brand names Avandia, Avanade and Avandaryl) to manage their blood sugar may be at higher risk for problems.

There is no cure for diabetic retinopathy. However, laser treatment (photocoagulation) is usually very effective at preventing vision loss if it is done before the retina has been severely damaged. Surgical removal of the vitreous gel (vitrectomy) may also help improve vision if the condition is caught early enough.

Eye Tests Every Senior Should Have



Age-related eye diseases are diagnosed through an exam performed by an ophthalmologist. A comprehensive eye exam should include at least the following three tests.

- **Visual acuity test:** The familiar lettered eye chart measures how well you see at various distances.
- **Pupil dilation:** Drops are placed in the eye to widen the pupil. This allows the doctor to view more of the retina and look for signs of disease. After the examination, close-up vision may remain blurred for several hours.
- **Tonometry:** This test determines the fluid pressure inside the eye, and there are many

methods of doing so. An "air puff" test is the most common way to screen for high intraocular pressure. It is a painless process in which a small jet of air is shot against the cornea. Other more involved tests may be required to obtain more accurate readings.

Most age-related eye conditions must be detected and treated early on to prevent lasting damage. A comprehensive eye exam is recommended every one to two years, depending on a person's age and unique risk factors. These exams are vital for catching diseases like glaucoma and MD that have no obvious symptoms in the early stages. If you or a loved one is experiencing noticeable changes in vision, it is crucial to make an appointment for an eye exam as soon as possible.

Treasures of the Northern Neck of Virginia Motorcoach Tour Wednesday October 10, 2018

Visit Historic Christ Church (ca. 1735) and Museum, an architectural masterpiece dedicated to the

preservation and interpretation of eighteenth-century Virginia history. It is the only virtually unchanged Colonial church still in existence in America and is landscaped by the Garden Club of Virginia. Enjoy lunch at the **Historic Lancaster Tavern** (established 1790). After lunch, tour **Stratford Hall**, home of four generations of the patriotic Lee family of Virginia and birthplace of Robert E. Lee. Its magnificent setting on a high bluff above the Potomac River and its bold architectural style set it apart from any other colonial house. Both sites are National Historic Landmarks. The all-



inclusive cost is \$116 per person. The motorcoach departs SRC at 7:00 am, West Neck Village Hall at 7:20 am, and returns at approximately 7:00 pm.

A detailed trip flyer, including lunch menu, and registration form will be available at SRC on May 1, 2018. The flyer and registration form will also be emailed to the SRC's distribution list during the first week of May. This trip is organized and managed by SignaTours, Ltd. of N. Chesterfield, VA, the company that provides motorcoach tours for Sentara. For questions please contact Mike Newbill, 757-453-6985.

Senior and Disabled Tax Relief Programs City of Virginia Beach

City Council has adopted a program to assist qualifying individuals on both real estate and personal property taxes. We encourage qualifying senior citizens and disabled persons to take advantage of our tax exemption programs. This program is managed by the Commissioner of the Revenue.

Applications for Real Estate Tax Exemption are taken in the Commissioner of Revenue's Office, Municipal Center, Building 1, by appointment only from February 1 through June 30. Call the Commissioner of the Revenue Real Estate Qualification Division at (757) 385-4385 for information and an appointment.

Applications are taken in the office of the Commissioner of the Revenue, Municipal Center, Building 1, by appointment only **from February 1 through June 30**. To qualify, individuals must meet income and net worth limitations.

BASIC REQUIREMENTS TO QUALIFY

- SENIOR CITIZENS must be at least 65 years of age

- TOTALLY DISABLED individuals must be totally AND permanently disabled - there is NO age limit -\$10,000 income exclusion allowed

- MUST RESIDE in the Virginia Beach home or mobile home or a convalescent facility

TAX EXEMPTION / FREEZE

- Annual household income must not exceed \$53,753 for TAX EXEMPTION
- Annual household income must not exceed \$70,137 for the FREEZE
- Assets must not exceed \$350,000 (OTHER THAN RESIDENCE)

*The percentage of tax exemption varies based upon income level.

FYI

If you have well water and an underground fuel storage tank that could contaminate your water supply, the State of Virginia has a program that can remove the tank or prepare it so that it will not cause you future problems. This service is free. If you would like to know more about it, contact Johnnie Williams at 757-721-6378 or at johnniew564@gmail.com.

5 Common Complications from Diabetes

By Renata Gelman (AgingCare.com)

Staying healthy is a challenge for everyone, but for those managing diabetes, staying on top of changes to health status is crucial. According to the CDC, diabetes is the seventh leading cause of death and can lead to permanent disability.

Even if a diabetic is doing everything right—managing and testing blood glucose levels, exercising, eating healthy etc.—a host of complications can surface, such as heart problems, nerve damage or blindness. It is

important for these individuals to be aware of diabetes-related issues and know what signs and symptoms to watch out for.

Here are five common complications from diabetes:

1. Heart disease: According to the American Diabetes Association (ADA), approximately two out of three people living with diabetes dies due to heart disease. Diabetes affects cholesterol levels; raising a person's bad cholesterol while lowering their good cholesterol. When this happens, arteries are narrowed by a build-up of fatty materials and the chances of having a heart attack or stroke double. If a diabetic experiences chest pain, shortness of breath, sweating, pain or discomfort in the arms, back, jaw or neck, or have nausea with exertion, call that individual's doctor or 911.

2. Neuropathy: It is likely that almost half of people with diabetes have nerve damage, says the ADA. This condition causes loss of sensation and makes it easier for a person to injure themselves without noticing. Additionally, poor circulation and neuropathy often leads to a compromised immune system, as the body can't fight off infection or heal from wounds quickly. Although not everyone will suffer from neuropathy, it's essential to control blood glucose levels and report any symptoms to a doctor.

3. Foot problems: Poor circulation and nerve damage can lead to infections of the foot that may become serious, spreading to the bone and leading to amputation. If a diabetic experiences a cut or other injury to their foot, they should keep it clean and notify their doctor immediately. Infections can be avoided by engaging in proper diabetes foot care practices such as keeping toenails short, wearing comfortable shoes and scheduling regular checkups with a podiatrist.

4. Retinopathy: Eye trouble is common among folks living with diabetes. Some symptoms to watch out for include black smudges on the eye, blurred vision, sudden loss of vision in one eye, seeing rings around lights, dark spots and flashing lights. Again, by managing blood sugar levels a person with diabetes can avoid damage to their eyes. They should also consider going in for an annual eye exam by a retina specialist.

5. Kidney failure: The National Institutes of Health (NIH) indicates that diabetes is the most common cause of kidney failure. Although this condition takes about 15 years to develop, it is a slow-

growing problem that those living with diabetes should monitor by paying attention to fatigue, an increase in urination frequency, lack of concentration, sleep trouble, muscle cramping at night, lack of appetite, eye puffiness and swollen feet/ankles. A diabetic can also get routine tests to monitor their kidney function.

Today, 26 million Americans are living with diabetes. By 2050, as many as one in three adults could have the disease—keep yourself and your loved ones protected and informed about prevention and techniques to control diabetes.

Donations

Marvin M. Rollins, Jr. in memory of Houston Shirk

William Lehr in support of our Senior Resource Center activities

June Klag in memory of Evelyn Davis, Wilcie Leonhardt, Dennis Lee Newbern, Michael Wayne Dixon, and Houston Shirk

Judy Turner for Scrapbook pictures

Friends of the Senior Resource Center in memory of Houston Shirk

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 and help save printing and postage costs.

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		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 Conversations "Topic TBD" 12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only.	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd) 
6	7	8	9	10	11	12
	1:00 Dominoes/Cards	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 Writing 1:00 - 3:00 Mother's Day Tea (PR June K.)	10:00 -12:00 Crafters (PR Pat Jenkins)
13	14	15	16	17	18	19
	1:00 Dominoes/Cards	9:30 Blood Pressure Testing 10:00 JOY, Topic Tom Knox, Senior Corps (see Notes) Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards	1:00 Cards 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  7:00 to 9:00 PM Fond Memories	6:30 - 9:00 pm Game Night
20	21	22	23	24	25	26
	1:00 Dominoes/Cards	9:30 - 11:00 Adult Story Time (PR Peggy J.) 11:00-1:00 Diabetes with Debra Capps Pot Luck to follow (PR Shari W.) 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 Writing	Strawberry Festival 
27	28	29	30	31		
Strawberry Festival 	Memorial Day 10:00 AM Flag Ceremony Followed by Brunch 	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)		