

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – MAY 2022

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

### Mother's Day Tea Party

Friday, May 6 1:00 pm



We are so delighted that at last we will be able to celebrate Mother's Day in style, in person, at our very special tea party. Dress up as much as you'd like and wear a hat if you desire, or just come casual. Bring your favorite teacup if you want, and please bring a dessert to share- mini treats would be the best. Judy Turner has been working hard to create special centerpieces and favors for us to enjoy, so join us for this lovely event. Men are welcome, but the focus will be on us gals. We are thankful for all the past tea parties that June Klag provided for us, with her amazing creativity.

### Bonkers for Bunco **New Activity**

Saturday, May 14 3:00-5:00 pm

Ever heard of Bunco? It's a dice game, played in groups of four, with a goal of trying to score points while taking turns rolling three dice in a series of six rounds. Ideally there are 12 players, divided into three tables of four players each. It is easy to learn, lots of fun to play and if there is enough interest, this could become a regular activity. Angie Vilches from Pungo Blackwater Library, will teach you to play at SRC, so come join the fun and learn a new game.



### Medication Storage and Disposal

Pot Luck Lunch

Monday, May 16 11:00 am

Dennis Southers, 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 our prescriptions 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, and if you'd like, a non-perishable food item for the Charity Food Pantry. This lecture was postponed from January, 2022.

### Senior Showcase

Wednesday, May 18 9:00 am-1:00 pm

Princess Anne Rec Center

The Mayor's Commission on Aging resumes its annual exhibition. There will be lots of displays regarding senior resources and services, with free giveaways, door prizes and box lunch. You will need to preregister in order to receive lunch, so call 385-2689 or go online to [www.vbgov.com/aging](http://www.vbgov.com/aging) as soon as possible to R.S. V. P. The Senior Resource Center will be there with a display table, so come check us out. The rec center is located at 1400 Nimmo Parkway, VB 23456, just off General Booth Blvd.



## Memorial Day Flag Raising Pot Luck Brunch

**Monday, May 30 10:00 am**  
**The Ruritan Barn**

It's time for our annual gathering to acknowledge all the brave service members who gave their lives in the name of freedom. This year we are combining our celebration with the Ruritan Club and moving to their facility on Princess Anne Road. Join us at 10 a.m. to watch our local Girl Scouts raise the flags and hear our trumpet player accompany them. After the flag is lowered and Taps is played, we'll have our usual breakfast brunch. We ask you to bring brunch foods to share as usual. We invite everyone, especially our veterans, to attend.

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## 2022 Melinda Lukei Library

Melinda Jones Lukei had a lifetime interest in the history of Princess Anne County and focused her research on the families of the area. She became a recognized expert in genealogy and published well over 100 volumes centered on the genealogy of local families. She amassed an enormous amount of material from her own research, as well as a collection of historical records particularly from the Hampton Roads area of Virginia and of the counties of northeastern North Carolina.

Melinda's husband, Reese, very much wants her work to continue to be recognized and available to those interested in learning more about their families. To accomplish that, Reese has given her materials to Barbara Henley to be displayed and available for research, by appointment, at the Henly Farm location at Pleasant Ridge.

Even if you are not a serious history buff but just want to know a little more about the area,

you are sure to find something of interest in this fascinating collection. You can call Barbara at 757-426-7501, or stop by the produce market at Henley's at Pleasant Ridge and arrange a good tie for you to enjoy Melinda's work.

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## Donations

Mercedes and Milton Coveney for the newsletter

Helen Lane from the sale of Rada Cutlery to be used as needed

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## File of Life Emergency Packets

We have received a new supply of these very useful items and encourage you to pick one or more up. You will find them on the table to your left as you enter the center. There are 2 versions- one with a magnet to put on your refrigerator, and one without a magnet to put in your car's glove compartment. The card you fill out for the packet contains all the important information that the rescue squad would need if you have a medical emergency- i.e., your insurance coverage, medical diagnoses, medications and contact numbers, etc. It makes it so much easier for your loved ones and the rescue squad if you prepare one of these packets, so take the time to pick one up, complete the form and post it.

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## Earn Your High School Diploma FREE through the Virginia Beach Public Library

The Virginia Beach Public Library (VBPL) recently introduced a program to help residents earn an accredited high school diploma free of

charge. VBPL's Career Online High School (COHS), a fully online, 24/7 program that is free to Virginia Beach residents ages 20 and older, allows students to work at their own pace with support from a personal academic coach. Coaches will also assist with resume creation, writing a cover letter and other tools for career advancement.

In addition to an accredited diploma, residents may also earn a career certificate in their field of choice including general career prep, office management, childcare and education, home care, security, food and hospitality, leisure, manufacturing, commercial driving and retail customer service.

To date, more than 40 Virginia Beach residents have earned a high school diploma and career certificate through VBPL since 2016, and another 19 are in the program and working toward graduation. **VBPL has 26 scholarships available to Virginia Beach residents ages 20 and older.** To learn more, including how to enroll and available scholarship opportunities, visit [www.VBgov.com/VBPLdiploma](http://www.VBgov.com/VBPLdiploma) or email [VBPLdiploma@VBgov.com](mailto:VBPLdiploma@VBgov.com). This program is different from the GED (General Educational Development) process.

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## 11 Myths About Alzheimer's Disease

*from National Institute on Health and National Institute on Aging*

Alzheimer's disease is a leading cause of death in the United States, and millions of Americans are affected by the disease. It's important to distinguish the facts from the myths about Alzheimer's, especially when it comes to finding information online. Read on to learn about common myths surrounding this disease.

### 1. Alzheimer's disease and dementia are the same thing.

People often use the terms Alzheimer's disease and dementia interchangeably, but there is a difference. Dementia refers to impaired memory, thinking, reasoning, and behavior, and Alzheimer's is just one type of dementia. The terms are likely confused because Alzheimer's is the most common cause of dementia and the most well-known. But there are other types of dementia, too, including Lewy body dementia, frontal-temporal dementia, and vascular dementia.

### 2. I will develop Alzheimer's disease if my parent has it.

If a parent or close relative has Alzheimer's disease, you may be worried about developing it as you get older. A person's chance of developing Alzheimer's is higher if they have certain genetic mutations or variations that can be passed down from a parent. However, just because a biological parent has Alzheimer's does not mean that their children will develop it. A family history of Alzheimer's does not mean for sure that you'll have it. But it may mean you are more likely to develop it. Alzheimer's disease is complex, and scientists don't yet fully understand what causes it in most people. Research suggests that in most individuals, a host of factors beyond genetics play a role in the development and course of the disease. Environmental and lifestyle factors, such as exercise, diet, exposure to pollutants, and smoking may also affect a person's risk for Alzheimer's. Although we don't yet know how to prevent Alzheimer's, it's important to practice healthy behaviors throughout your lifetime, such as exercising regularly and eating a balanced diet.

### 3. Only people in their 70s and older get Alzheimer's disease.

While the greatest known risk factor for Alzheimer's is age, that does not mean that *only* older adults develop it. For most people with Alzheimer's, it's true that symptoms first appear in their mid-60s or beyond. However, some people experience symptoms earlier, even

as young as their 30s. When a person develops Alzheimer's between their 30s and mid-60s, it's called early-onset Alzheimer's. Early-onset Alzheimer's is rare — representing less than 10% of people with Alzheimer's. Developing Alzheimer's earlier in life can present specific challenges. People diagnosed at younger ages may be more likely to be raising children who are still at home or managing work and having to apply for disability than those who are diagnosed at older ages.

Many people with Down syndrome, a genetic condition, will also develop Alzheimer's at an earlier age and may begin to show symptoms in their 40s.

#### **4. Alzheimer's disease symptoms are normal as we get older.**

Many people become more forgetful as they age, and some forgetfulness, such as losing things from time to time, is normal. However, common signs and symptoms of Alzheimer's, such as making poor judgments and decisions a lot of the time, having problems recognizing friends and family, or losing track of the date or time of year are **not** a normal part of aging.

If you are worried about your memory or other possible Alzheimer's symptoms, talk with your doctor. The doctor may ask questions about your health history, perform assessments of your thinking and memory, and carry out medical tests to determine your diagnosis.

#### **5. There are no treatments available for people with Alzheimer's disease.**

There has been significant progress toward developing better treatments for people with Alzheimer's. Several medications are available that can help treat people with Alzheimer's disease. There are also coping strategies to help manage behavioral symptoms.

While there is currently no cure for Alzheimer's disease, thanks to scientific advances, research has never been more promising. In total, NIA

is funding more than 250 clinical trials including both drug and nondrug interventions. These include testing treatments that target behavior and lifestyle factors as well as underlying causes of the disease.

#### **6. If I'm frequently forgetting things, it must be Alzheimer's disease.**

Even though memory problems are typically one of the first signs of Alzheimer's, not all memory problems mean a person has the disease. Some forgetfulness is normal as we age.

Talk with your doctor to determine whether the memory changes you're noticing are normal or may be a sign of something more serious. In some cases, depression or medication side effects can cause memory and other thinking problems. With treatment, it may be possible to reverse some memory problems due to these reasons.

#### **7. You can buy supplements online to prevent or cure Alzheimer's disease.**

There are many websites and advertisements that promise certain supplements can effectively treat or cure diseases such as Alzheimer's. In some cases, these may seem reliable, offering advice on healthy aging and Alzheimer's to gain people's trust and promote their products. However, there is no scientific evidence backing these claims, and currently, no supplement has been proven to delay, prevent, treat, or cure Alzheimer's. Talk with your doctor before taking any supplements or trying any other new treatments. Be aware that the FCC is suing many manufacturers of these supplements for false advertising.

#### **8. You can prevent Alzheimer's disease.**

There is no proven way to prevent Alzheimer's. However, there are steps you can take to help reduce your risk for this disease. A risk factor is something that may increase a person's chance of developing a disease. Some risk factors can be

controlled, while others, such as the genes you inherit, cannot.

In general, leading a healthy lifestyle may help reduce risk factors that have been associated with Alzheimer's and other age-related health problems. These include:

- Controlling high blood pressure
- Maintaining a healthy weight
- Staying mentally and physically active
- Preventing head injury
- Sleeping seven to nine hours each night

### **.9. Doctors cannot definitively diagnose someone with Alzheimer's disease until after death.**

Before researchers developed biomarker tests in the early 2000s, the only sure way to know whether a person had Alzheimer's disease was through autopsy, a procedure that is performed after death. Now, lab and imaging tests are available to help a doctor or researcher see the biological signs of the disease in a living person. For example, it is now possible for doctors to order a blood test to measure levels of beta-amyloid, a protein that accumulates abnormally in people with Alzheimer's. Several other blood tests are in development. However, the availability of these tests is still limited. NIA-supported research teams continue to study options for faster, less-expensive, and less-invasive ways to diagnose Alzheimer's.

### **10. An at-home genetic test can tell me if I have (or will have) Alzheimer's disease.**

You may have heard about at-home genetic tests. These tests extract DNA from a person's saliva and provide reports of the genetic data. It's important to note that no genetic test can diagnose Alzheimer's disease. Genetic tests can identify certain rare mutations that cause early-onset Alzheimer's, as well as genetic variations that increase a person's risk for the disease. FDA has approved one of these tests for at-home use. This test shows if a person carries a form of

the *APOE* gene, *APOE* ε4. People with this variant are at an increased risk for Alzheimer's, but it does not mean that they will definitely develop the disease. Talk with your doctor about these types of genetic tests. You also may want to schedule an appointment with a genetic counselor to help you consider whether a test is right for you and to understand the results.

### **11. I'm not a scientist. I can't do anything to help fight Alzheimer's disease.**

Even if you are not a scientist, there are many ways that you can help advance Alzheimer's disease research! Volunteers participating in clinical trials and studies have led to meaningful advancements in the detection, diagnosis, and treatment of Alzheimer's. By joining a trial or study, you become a partner in helping researchers advance their knowledge toward effective diagnostics, treatments, and preventions. All types of volunteers are needed, including people living with dementia, caregivers, and healthy volunteers.

As a family member or friend of a person living with Alzheimer's, you can also help by offering support, such as learning tips for communication or finding suitable activities. You can also offer help by supporting caregivers of people with Alzheimer's or a related dementia.

## **Thanks to Our "Elf"**

A little bird identified the volunteer who has faithfully brought in our trash barrels weekly. Thanks, Don Trammell, for taking the time to do this for us., Thanks also to Martha Giovanelli for putting the bins out every week

**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><b>President</b> Johnnie Williams 470-7186</p> <p><b>Vice President</b> Sharon Prescott 630-2660</p> <p><b>Treasurer</b> Pat Jenkins 618-5304</p>	<p><b>Hours of Operation</b> 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

**Newsletter**  
Nancy Allan 422-1292  
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.srcc.com](http://www.srcc.com) and help save printing and postage costs.

# May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	<b>Cinco de Mayo</b> 5	6	7
		9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim 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	10:45 am Conversations (PR Sarah B.) 12:30 Cards (Card Group PR) 1:00 <b>Mother's Day Tea</b> (Judy Turner PR) 	<b>1:00 Game Day</b> (PR Jo-Ann R.)
8	9	10	11	12	13	14
<b>Mother's Day</b>		9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley) 1:00 - 4:00 PM	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 Writing (PR Jan D.) 12:30 Cards (Card Group PR)	<b>3:00 -5:00 PM – BUNCO! Fun, easy-to-learn dice game</b> (Reservations through VBPL website)
15	16	17	18	19	20	21
	<b>11:00 AM Dennis Southers, Medication Storage &amp; Safety Potluck Lunch to follow</b>	9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	9:00 AM - 1:00 PM Senior Showcase at the Princess Anne Rec. Center	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Conversations (PR Sarah B.) 12:30 Cards (Card Group PR)	 <b>6:00 to 9:00 PM Game Night</b> (PR Rita T.)
22	23	24	25	26	27	28
		9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley) 1:00 - 4:00 Questions on Medicare-Medicare 1:1 VICAP Benefits Counselor (PR Eileen Churchill)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 Writing (PR Jan D.) 12:30 Cards (Card Group PR)	
29	30	31				
	<b>10:00 AM Memorial Day Celebration at the Creeds Ruritan Barn 1057 Princess Anne RD, VA Beach, 23457</b>	9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)				