

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – NOVEMBER 2021

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

Veteran's Day Celebration and Pot Luck Brunch

Thursday, Nov. 11 9:00 am

Come and help celebrate all of those who are veterans of our armed services. We will begin at 9 a.m. at Creeds Elementary School for the flag raising and lowering by local Scouts, as well as hearing our trumpeter playing Reveille and Taps. Then, back at the SRC, we will hear a few of our own veterans recall their military experiences. Bring a breakfast goody to share at our brunch.



On this holiday, we fondly remember our many past members who were veterans, who have passed away in the years since the Senior Resource Center opened. We miss them dearly.



Bugle Trivia Did you know that "Taps" dates back to the Civil War?, In July, 1862, in Virginia, Union General Butterfield used this 24-note tune to signal the end of the day. It was most likely named Taps after the initial lights-out call of 3 drum beats. "Reveille" is played at the start of the day to mark the time to arise.

Election Day

November 2

We hope you were registered to vote in this year's election, and have either already participated in early voting, mailed in your absentee ballot, or planned to vote in person on Election Day. Don't even think about complaining how our government is doing if you don't bother to cast your vote.

Senior Scams Lecture and Pot Luck Lunch

Wednesday, Nov. 17 11:00 am

Shannon Brill, with the F.B.I. Transnational Organized Crime Division, will educate us about the many scams aimed at seniors. We are very vulnerable targets and millions of dollars have been lost to scammers who prey on us via phone and on-line. Don't miss this opportunity to learn how to protect your savings and avoid being ripped off. Please bring a dish to share for the pot luck lunch and also bring a non-perishable food item to help support the Charity U.M.C. Food Pantry

Thanksgiving Day Pie Pot Luck

Thursday, Nov. 25 1:00 pm

Instead of sharing a full meal, this year you can join with friends at the SRC to share a Thanksgiving Day pie pot luck. Let's hope everyone doesn't bring pumpkin pie! You can choose a board or card game to play, work on a jigsaw puzzle, or just chat about all the things for which we are thankful.

No Medicare Benefits Counseling Appointments for November

If you would like to make an appointment for the December sessions at SRC on Dec. 22, from 1-3, call the SRC at 385-2175 to make an appointment. **If you think you previously signed up for a Dec. 22 session, please let us know as we are not sure if a sign-up sheet has been misplaced.**

Open Enrollment for Medicare Changes ends December 7

Don't forget you must make any desired changes in your Medicare plans by Dec. 7th. If you are still deciding, go online to www.medicare.gov and use their to compare coverage options and to shop for health plans. Any changes you make to your coverage will take effect January 1, 2022.

Veteran's Administration Facility Opening Soon

Did you know that a new 128-bed residential facility for veterans? It is located at the end of the newly extended Nimmo Parkway, just south of the Municipal Center. The Jones and Cabacoy Veterans Care Center is due to be completed by December 30th, 2021! If you want

to find out about entrance criteria and availability, call the nearest VA office at 689- 3729. We imagine this new facility will be at capacity quickly.



Free Tech Tutoring for Seniors

Senior Services of Southeastern Virginia, our Area Agency on Aging, has a new, free program for seniors called HealthWise, Volunteer coaches help older adults use technology to connect with family, friends and healthcare providers. During Covid -19 these tutoring sessions will take place via Zoom or cell phone, and hopefully, once the pandemic ends, sessions may resume face to face.



A group of collaborating partners in the South Hampton Roads aging community is working to offset the risks of social isolation by helping older adults learn to use technology. Senior Services of Southeastern Virginia, PrimePlus Senior Centers, Westminster-Canterbury Senior Living Community, Eastern Virginia Medical School, and the Birdsong Foundation have joined forces on a new program called the HealthWise Connectivity Project. The program kicked off last March and is currently seeking senior participants as well as volunteer coaches.

Volunteer coaches work one-one with senior participants twice a week for three months. Coaches guide participants on how to use features such as WiFi, Zoom, Telehealth, email, the Birdsong App, and more. HealthWise is free and available for older adults at all levels of understanding.

The impact of social distancing and stay-at-home orders due to the COVID19 pandemic has had a significant negative impact on the 60+ population. HealthWise addresses these concerns, allowing older adults to stay connected to their social and medical

networks even when they need to be physically isolated from their family, friends, and communities.

Participants must be available for 2 hours each week for 12 weeks, have access to a wireless connection (WiFi) and have a tablet or computer with a camera, Loaners are available. Those interested in participating or volunteering with HealthWise can register by calling Lucy Fyfe at 757-524-1646 (please leave a message).

Covid 19 Booster Shots and Annual Flu Shots

We hope you plan to get your vaccine booster shot and senior version of flu vaccine. Sentara will not hold a flu shot clinic at SRC this year, and if your primary doctor is not giving them, go to your drugstore or grocery store. Remember you'll need to wear a mask if you are unvaccinated against Covid 19 if you attend the SRC.



Food for Thought

LISTEN AND SILENT are spelled with the same letters. Think about it.

A smart person knows what to say. A wise person knows whether or not to say it.

The Seven Wonders of the World: To see, to hear, to touch, to taste, to feel, to laugh, and to love.

Chuckles to Cheer You

She knew she was getting older when she tried to straighten out the wrinkles in her tights, and discovered she wasn't wearing any!

Being a little older, I'm very fortunate to have someone call and check on me every day. He is from India and is very concerned about my car warranty.

They say we learn from our mistakes... That's why I'm making as many as possible. I'll soon be a genius!

November is National Family Caregivers' Month

Are you a caregiver or do you know a caregiver? This is the annual period to acknowledge and thank the thousands of caregivers who faithfully take care of loved ones. Those loved ones may be spouses, children, friends, relatives or clients and they all rely on caregivers for their daily well-being. While we may regularly think to ask the ailing individual how he or she is doing., we may rarely think to ask the caregiver how he or she is doing. Try to take the time to do something nice for a caregiver you know- even just by telling him or her what a great job they are doing. A gift card for food that can be delivered, a bag of treats or a friendly phone call may mean a lot to a caregiver who seldom gets thanked.



Caregiving is an incredibly hard job and it does get easier over time. Unless and until you become a caregiver yourself, you may have no idea what caregiving involves. From the outside it may look s if a caregiver you know has everything under control and is doing well, but behind scenes, that caregiver may be exhausted, depressed and mentally and physically depleted.

If you are a caregiver, consider attending a caregiver support group where you will learn you are not alone. Nancy Allan facilitates a monthly group that meets the third Friday of every month at 12 noon at Nimmo United Methodist Church. Call her at 422-1292 for more information.

Thank you to all of those who provide care, whether hands-on, long distance or those who already have placed a loved one in a care facility. Bless you all for everything you do to make someone else's life the best it can be,

Home Modifications for Seniors



AARP has a free guide you can download that can help

you turn your residence into a lifelong home. It provides you with an overview of what types of home improvements or modifications you may want to consider to make your home more user-friendly as you age, and includes several worksheets. Go online to: www.aarp.org/homefit to read the guide and you can also watch a helpful video. If your goal is to “age in place, this booklet may help you recognize what changes you need to make to remain in your home.

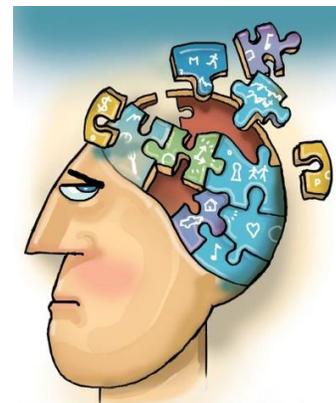
Neat New Product

Thinking of modifying your home to make it easier to age in place—there is a new design for a toilet paper holder that contains a stylish grab bar that won't detach if it's properly seated in a stud. What a great idea! Some of us may already have pulled our old toilet paper holder out of the wall by trying to use it to get up, so here's a good way to avoid that from happening. Try Googling it and you'll be amazed how many styles are available, at a wide range of cost, starting at \$22- \$35.

Smart Ways to Lower Your Alzheimer's Risk

In honor of National Alzheimer's Awareness Month, here are some suggestions from www.brainandlife.org

- Protect your heart- Four risk factors for dementia are related to heart health: high blood pressure, obesity, diabetes and smoking. What's bad for the heart is bad for the brain, so consider making lifestyle changes to lower your risk.
- Know your risk factors-Older Black Americans have higher rates of high blood pressure, high cholesterol, diabetes, heart disease, stroke and dementia.
- Get moving- Inactivity is another risk factor for dementia, so get up off the couch and get some exercise. Any activity, walking, dancing, biking can make a difference.



- Stay socially and mentally active-Stay in touch with family and friends, whether in person or by phone or laptop, volunteer (at the SRC!) read, do puzzles, learn a new skill.
- Avoid head injury-Traumatic head injury(TBI) from a fall or car accident is a risk factor for dementia.
- Treat depression, hearing loss and substance abuse-(drugs or alcohol) Wear hearing aides if necessary, drink in moderation and seek help if feeling ongoing depression.

Donations

Beth Swanner in memory of Jimmy Morris

Robert and Juanita Burns - to be used as needed

Angel Tree returns to SRC

This year we will again be participating with Creeds for the Angel Tree with actual gifts instead of the gift cards we provided during the pandemic last year. We should be able to get the children’s sizes, etc before Thanksgiving so you7 can get started on your shopping.



Save the Date December 1, 2021

On December 1st, we will again be hosting the art students and the chorus from Creeds Elementary for our annual tree trimming and choral entertainment. We figured we’d better let you know ahead of time since this will be the very first day of the month.

Please bring an assortment of cookies to share with the students, but try to avoid using any kind of nuts as many students have nut allergies.

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
Vice President
Sharon Prescott 630-2660
Treasurer
Pat Jenkins 618-5304

Hours of Operation
Monday – Friday, 9:00 AM – 4:00 PM
During inclement weather, The SRC operates on the local school schedule.



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.vbsrc.com and help save printing and postage costs.

November 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|---|
| | 1 1:00 PM Dominos (PR Linda A.) | 2 9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) 1:00 Cards (PR TBD) | 3 10:30 - 12:00 Reading Group (PR Marcia H.) | 4 8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars | 5 9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD) | 6 1:00 Game Day (PR Jo-Ann R.) |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | 1:00 PM Dominos (PR Linda A.) | 9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) 1:00 Cards (PR TBD) | 1:00 History (PR B. Henley) | Veterans' Day Celebration (Potluck Brunch 9:00 AM, flag raising at CES) | 9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 Writing (PR Jan D) 1:00 Cards (PR TBD) | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 1:00 PM Dominos (PR Linda A.) | 9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) 1:00 Cards (PR TBD) | | Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars | 9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD) | 3:00-4:00 PM Special Program From Central Library - (Subject:Everything You Need to Know About the Value of Old Books) 6:30 to 9:00 PM Game Night (PR Rita T.) |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | 1:00 PM Dominos (PR Linda A.) | 9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) 1:00 Cards (PR TBD) | 1:00 History (PR B. Henley) | Thanksgiving Game Day 2:00 PM <u>Pie pot luck desserts</u> (PR Barbara H.?) | 9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 Writing (PR Jan D) 1:00 Cards (PR TBD) | |
| 28 | 29 | 30 | | | | |
| | 1:00 PM Dominos (PR Linda A.) Cyber Monday | 9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) 1:00 Cards (PR TBD) | | | | |

Notes: Saturday, November 20th 3-4 pm

Do you have old books and want to downsize? Bob Gilson, Friends of the Virginia Beach Public Library volunteer will present: "Book Learning" with everything you need to know about the history of the book, how to determine a book's value and whether to sell or donate your old books.