

can provide coverage. Hopefully with fewer shifts to cover, some volunteers will not have to cover multiple shifts to fill in the gaps. We know Barbara Vaughan and Sarah Burke have done much more than their share.

Vote November 7, 2017

Don't forget to go to the polls and vote on November 7th. By the time you read this newsletter it will be too late to register, so hopefully you already took care of that if you weren't already registered. It's not fair to complain about your government representatives if you don't participate by voting.

Raise in Social Security Benefits Coming

The Social Security Administration will be providing a 2% raise in monthly as of January 1, 2018. This is the largest increase since 2012, although it comes to only about \$25 a month for the average beneficiary. The raise is based on the cost-of-living adjustment (COLA). Advocates for seniors claim the inflation index doesn't accurately reflect rising prices faced by seniors, especially for health care. (per Associated Press 10/14/17) Although it may be a small increase, maybe we should be thankful we will get any raise at all.

Alzheimer's Disease Awareness Month

November is the month dedicated to helping people learn more about Alzheimer's disease and related dementias. If you are caring for someone who has memory impairment, here are some tips to help you deal with the challenges:

- Never argue, instead agree.
- Never reason, instead divert.
- Never shame, instead distract.
- Never lecture, instead reassure.
- Never say "remember", instead reminisce.

- Never say "I told you so", instead repeat/regroup.
- Never say "you can't", instead let him/her do what they can.
- Never command/demand, instead ask/model.
- Never condescend, instead encourage.
- Never force, instead reinforce.

In the heat of the battle, when dealing with someone who is very repetitive or resistant, it is not easy to practice the above suggestions, but it helps to try to remember that your responses and directions and even your tone of voice may be making matters worse. If all else fails, it's best to walk away for a few minutes (if it's safe to do so) and count to 20 to see if you can break the tension.

A Good Time Was Had By All

Mike Newbill's well-planned bus trip to Highland, home of President James Monore, and Montpelier, home of President James Madison, was a rousing success. Lunch at Michie Tavern was so plentiful that we all opted to skip dinner at Cracker Barrel and get home an hour earlier! Thanks to Mike for being Tour Director Extraordinaire!

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

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