

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – NOVEMBER 2020

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The Senior Resource Center will be operating according to the health situation at the beginning of April. Our first consideration will be the health and safety of our patrons. Please check the website and the message board outside the building for updates on times of operation.

We won't bore you with another recap of Covid19. We all realize the SRC has now been closed for 8 months, and we know some of you are very eager to resume operations. But some of you will still be leery when we are authorized to reopen. Be patient and know we will open up as soon as it safe enough to do so.

By the way, the Senior Resource Center celebrated its 13th birthday of October 7th!!

Don't Forget to:

Vote on Nov. 3rd if you haven't already done so. If you don't exercise your right to vote, you have no right to complain.



Get your flu shot and be sure to ask for the high-dose senior strength vaccine.



Make changes in your Medicare by Dec. 15 if you want to switch providers or types of coverage for 2021.



Remember to take a face mask with you every time you go on an outing.



12 Ways to Ease Isolation While You're Practicing Social Distancing

To avoid the coronavirus, public health experts are advising people of all ages to stay home and practice social distancing as much as possible. This is particularly true for older adults and those with chronic medical conditions.

By now, we all should know that these actions will go a long way to helping limit the spread of the virus and its impact on our health as well as on our health care systems, advises the Centers for Disease Control and Prevention (CDC). But social distancing and staying home may put some at greater risk for the unintended consequence of social isolation, a health concern that can be avoided or reduced with proper, proactive steps.

According to the National Institute on Aging, social isolation and loneliness are linked to higher risks for a variety of health problems. These include high blood pressure, anxiety, depression, cognitive decline, Alzheimer's disease, and even death.

"Social isolation is very harmful to your health and contributes to poor health outcomes, especially for older adults," says Laurie Theeke, PhD, a nursing professor at West Virginia University and a nurse practitioner at WVU Medicine, in Morgantown, West Virginia.

These steps can help you stay connected with others and prevent loneliness during the coronavirus pandemic.

Identify your vital connections. These are the people that you view as essential to your health, well-being, and quality of life. They can be friends, neighbors, and family, suggests Dr. Theeke. Your health professionals may also be important to add to this list, but remember that they may be particularly busy at present. They also may want you to avoid their offices as much as possible to reduce your risks for becoming sick. Therefore, you should consider contacting them by phone as much as you can and only when needed.

Get everyone's contact information. Gather your connections' phone numbers, mailing addresses, and email addresses. This makes it easy to stay in touch regularly with the people you care about by phone, email—and yes, even writing old-fashioned letters. Set up times to call friends and family and make staying in touch with each other a priority while you're stuck at home.

Try to have up-to-date communications equipment. “Do you have a cell phone?” asks Dr. Theeke. If so, consider using FaceTime or Skype rather than just calling. Being able to see your friend's face can make you feel more connected. If you have a computer or tablet, you can join online groups of people who share your interests, notes Dr. Theeke. You may also consider setting up a schedule for when you'll connect with friends and family to create a routine (and something to look forward to).

Get outside. Social distancing doesn't mean you have to stay inside. Take a walk, sit on the porch, wave to your neighbors. This is the

perfect time to clean up your garden and to plant seeds.

Stay as physically active as possible. There are free exercise routines online and Linda Tingle provides yoga class every Friday morning at 9:30a.m. via Facebook.

Get creative! Some people are enjoying virtual dinners with each other. They use FaceTime or Zoom, which is a free app that allows you to connect several people to a video conference. Or talk to friends about reading the same book or watching the same movie so you can group-chat about it later. Also, this is a great time to practice your favorite crafts, such as needlework, scrapbooking, knitting, or crocheting. “We know that engaging in creative activities can prevent feelings of loneliness,” says Dr. Theeke.

Educate yourself about your local healthcare options. Find out now how your healthcare providers are taking care of their patients, and what to do if you need a COVID-19 test. You may be able to get a telephone or online health visit, get a test at a drive-through facility, or email your provider with questions.

Upgrade your basic self-care habits. This is a time to make sure you're eating well. “Vegetables and fruits contribute to hormones that make you happy,” says Dr. Theeke. Try to get to bed and wake up at the same time every day and do your best to stay active. Even a walk around the block is helpful.

Keep in touch with loved ones in long-term care. Ask the staff if you can email pictures or letters that can be printed out and “delivered” to your person. Consider asking the staff to help you FaceTime a loved one, advises Dr. Theeke.

Deal with caregiver isolation. Caregiving itself can be isolating, notes Dr. Theeke, and practicing social distancing can make you feel even more alone. Try connecting with other caregivers through virtual support groups online. Some are specific for caregivers of people with Alzheimer's disease or other illnesses.

Try to dial down the bad news. "Too much bad news can overwhelm your emotions," says Dr. Theeke. Consider tuning in just once or twice a day for only 10 or 15 minutes. Then turn off the news and focus on activities that help you stay happy and positive, she advises.

Call a hotline if you need someone to talk to about how you're feeling. If you are feeling overwhelmed, the CDC recommends using the [Substance Abuse and Mental Health Services Administration's \(SAMHSA's\) Disaster Distress Helpline](#):

Phone: 1-800-985-5990

Beware of Gift Card Scams

Maybe someone called to tell you that you've won the lottery, a prize or sweepstakes. Or they claim to be from the government and tell you there's a problem with your Social Security number. And, to collect your winnings or solve your problem, you have to pay with gift cards. But here's the thing: anyone who insists that you pay by gift card is always a scammer.

Gift cards are a popular and convenient way to give someone a gift. They are also a popular way for scammers to steal money from you. That's because gift cards are like cash: if you buy a gift card and someone uses it, you probably cannot get your money back. Gift cards are for gifts, **not for payments**. Anyone

who demands payment by a gift card is always a scammer.

Many different kinds of imposters ask you to pay with gift cards. Someone might call you and claim to be from the IRS, collecting back taxes or fines. The caller might say he's from tech support, asking for money to fix your computer. The caller might even say she's a family member with an emergency and needs money right now.

But they all have in common an urgent need for you to send money right away. Imposters will sometimes ask you to wire money to them but, increasingly, they tell you to go put money on a gift card. Here's what happens: the caller will often tell you to go buy a popular gift card, frequently, iTunes, Google Play, or Amazon. The caller will tell you to get the card at a particular store near you – often Walmart, Target, Walgreens, or CVS. They may even have you buy several cards at several stores. Sometimes, the caller will stay on the phone with you while you go to the store. Once you buy the card, the caller then will demand the gift card number and PIN on the back of the card. Those numbers let them immediately get the money you loaded onto the card. And once they've done that, the scammers and your money are gone, usually without a trace. Other kinds of scammers, some of them also imposters, who might demand payment by gift card include:

- callers pretending to be from a utility company, telling you to pay your bill by gift card or they'll cut off your power or water
- sellers on online auction sites who ask for gift cards to "buy" big items like cars, motorcycles, boats, RVs, tractors and electronics
- someone posing as a servicemember to get your sympathy, saying he has to sell

something quickly before deployment and needs you to pay by gift card

- callers who say you've won a so-called prize, for a sweepstakes you probably never entered – but first, you have to use a gift card to pay fees or other charges
- someone buying something from you, probably online, who sends a check for more than the purchase price – and asks you to give them the difference on a gift card. (That check, by the way, will turn out to be fake.)

These are all scams. In fact, if anyone tells you to pay by gift card, or by wiring money – for any reason – that's a sure sign of a scam. Every time.

What if you paid a scammer with a gift card?

If you paid a scammer with a gift card, tell the company that issued the card right away. When you contact the company, tell them the gift card was used in a scam. Ask them if money is still on the card, and if they can refund your money. If you act quickly enough, the company might be able to get your money back. Be aware that some companies will not return any money even if the gift card hasn't been used.

Remember to keep the gift card itself, and keep the gift card receipt. Also, tell the store where you bought the gift card as soon as possible. Here is a list of cards that scammers often use – with information to help report a scam. If the card you used is not on this list, you might find the gift card company's contact information on the card itself, or you might need to do some research online. The FTC will update this list as new information becomes available.

If you get or give a gift card, here are some steps to follow:

- **Buy gift cards from sources you know and trust.** Avoid buying gift cards from online auction sites, because the cards may be counterfeit or stolen.

- **Inspect a gift card before you buy it.** Check that none of the protective stickers have been removed. Make sure that the codes on the back of the card haven't been scratched off to show the PIN number. Report any damaged cards to the store selling the cards.
- **Keep the receipt with the gift card.** Whether you're giving or getting, try to keep the original purchase receipt, or the card's ID number, with the gift card.
- **Read the terms and conditions of the gift card.** Is there an expiration date? Are there fees to use the card, or for shipping and handling? Will fees be taken out every time you use the card, or after it sits unused for some period of time?
- **Use the card as soon as you can.** It's not unusual to misplace gift cards or forget you have them. Using them early will help you get the full value.
- **Contact issuer immediately.** You might not get back the money left on the card – or you might get some, perhaps for a fee. You might need to show the receipt and the ID number on the card. Most issuers have toll-free telephone numbers you can call to report a lost or stolen card – find it on the card or online.

From the Federal Trade Commission
Consumer Information Bulletin

ViBe Creative District at the Beach

Have you discovered the ViBe District, near the oceanfront? If not, get out of the house and take a quick road trip up to 17th Street (Virginia Beach Blvd.) This arty and unique area contains many unusual stores, some great restaurants, and a lot of amazing art. There are now over 100 works of art that you can view, any day, anytime. If you go online to

www.vibecreativedistrict.org and www.visitvirginiabeach.com you can read the history of ViBe and also see a map of all the fantastic murals in the district. You can drive to see them, or walk, and be sure to take pictures along the way.

This year, 10 artists were allowed 10 days to each provide a mural on private property. The results are amazing—so much color and design!! You don't need to pay to tour a museum, but instead enjoy being outside and getting culture at the same time. So, venture into town and take a tour of this growing, thriving area of the Beach.

If you visit on Saturday, Nov. 21 from 9 – 12 noon, you could also browse through the Old Beach Farmer's Market in the parking lot at Croc's, at 19th and Cypress Sts. The market is open every Sat. from May – Sept.

Your Chuckle for the Day

My doctor took one look at my gut and refused to believe that I work out. So, I listed the exercises I do every day:

Jump to conclusions
Climb the walls
Drag my heels
Push my luck
Make mountains out of molehills
Bend over backward
Run around in circles
Put my foot in my mouth
Go over the edge
Stretch my imagination
Tow the line
Pull my own weight
And beat around the bush!
From www.miraclestretch.com



November 1st

Food for Thought

The meaning of life is to find your gift.
The purpose of life is to give it away.
By Picasso

Time is free, but it's priceless.
You can't own it, but you can use it.
You can't keep it, but you can spend it.
Once you've lost it, you can never get it back.
By Harvey Mackay

A lot of problems in the world would disappear
if we just talked to each other,
instead of about each other.
From Inspired Compassion Quotes

Gratitude turns what we have into enough.
From White Ribbons of Peace

A bad attitude is like a flat tire. You can't go
anywhere until you change it.

Donations

Dorothy Dough in memory of Merious
Whitehurst

Robert and Anne Coffey for the general fund

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
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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 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends	2	3 VOTE	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30					