

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – NOVEMBER 2023

IN OUR SIXTEENTH YEAR

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

The Story of Jim Thorpe **Saturday, Nov. 4 10:00 am at SRC**

This interesting program will be at the SRC but is being provided by the Pungo- Blackwater Library.

Jim Thorpe fought many obstacles on his way to becoming one of the 20th century's greatest athletes. From his early years at one of the nation's most notorious boarding schools to his later struggles in the fight for Native American rights, the story of Jim Thorpe is much greater than his many athletic achievements. Come learn about the man who triumphed when all obstacles were stacked against him. Registration is not required.



Don't forget to vote on Tues., Nov. 7. It's too late to register to vote. Early, in-person voting runs until Sat., Nov. 4 at 5 p.m. Remember to take your driver's license with you. Call the Voter Registrar at 757-385-8683 at voter@vbgov.for more information.

Mermaid Factory Art Class **Wednesday, Nov. 15 1:00 pm**

Do you enjoy creating an art piece? Love beachy decorations? The Mermaid Factory will provide the item of your choice, \$22 each, and base that you paint and decorate. They will provide all the doo dads for decoration for free. There will also be a company representative on hand to help us decide how we want to decorate our selected pieces. This class will run if there is enough response. You'll find their

brochure, pictures of the items from which you can choose on and the sign-up sheet on the big bulletin board on your left as you enter the center. Choice of item and prepayment will need to be in advance, by cash or check made out to SRC. We will contact you to confirm that the activity will take place. You can check out the store's website at www.mermaidfactory.com.

Thanksgiving Day Pot Luck Dinner **Thursday, Nov. 23 1:00 pm**

We are fortunate that "somebody" has stepped up to the plate to host this holiday get-together. Rebecca Aldridge will prepare turkey, and possibly ham as well, for those attending, and guests are asked to bring side dishes and dessert. For this pot luck meal, we ask that you sign up for a specific item of food so we don't end up with green beans and nothing else! You are also asked to pre-register by Nov. 17 with your name and phone number, and the names of those who will attend with you. If there is not enough response, you will be advised that the event has been cancelled. In the past this has been a well-attended and very enjoyable gathering, so hope you will not sit home alone. Come on down and enjoy the fellowship on this special day of thanks. Stop by to sign up or call the center at 757-385-2175.



Medicare Open Enrollment

Don't forget that the annual open enrollment period runs only until December 7th. If you want to consider switching your insurance coverage, this is the time to do so. You may want to consider switching to a Medicare Advantage plan, which may have much lower monthly premiums, but take time to compare advantage plans with original Medicare. While many television ads tout all the benefits you may receive from an advantage plan, you need to understand that you will be restricted to using doctors, hospitals and specialists that are in their network. With original Medicare you can choose any provider who accepts Medicare. You can use a helpful online tool to assess plans and costs by going to: www.medicare.gov.

The Medicare monthly premium is expected to rise 6% to \$174.80, but that has not yet been approved. That would represent \$9.90 more than this year's rate.

Christmas Party Update

If you didn't already see the corrected date, our Christmas Luncheon hosted by the Dawson family will be on Sat., Dec. 16 at 11. Also, stay tuned for information about this year's annual visit by Creeds Elementary School chorus in early Dec., and for the Angel Tree which should have kids' names for us by Thanksgiving.

Social Security Increase for 2024

We will not be as lucky as last year when we received a record 8.7% increase. In January, 2024, expect to see a Cost-of-Living increase of just 3%. That translates into about a \$50 a

month increase in an average retirement benefit. That 3% won't go very far at the grocery store with ever increasing prices of food!

National Family Caregivers Month

The entire month of November is dedicated to the millions of family caregivers. This year's theme is "Caregiving Around the Clock," a very appropriate choice, as many family caregivers are on duty 24 hours a day, day in and day out. Unless you have experienced hands-on caregiving, you probably have very little understanding of the demands and stresses of the job. We should honor the endless work these caregivers do, and we should acknowledge the millions of dollars they save our government by caring for their loved ones at home.

If you know a caregiver, think of something you can do to brighten their day—take a homemade meal by, give them a gift card for a delivered meal, visit them with a treat, call and ask how they are doing. So many caregivers have no paid help and may have no family members lending a hand, so anything you can do to help will be appreciated.

Also suggest that the caregiver try to attend a monthly caregiver support group. Consider offering to sit with their loved one so that they can attend a meeting. Support groups help educate caregivers about resources and provide a safe place to vent. Finding out that many others are on the same journey can help a caregiver feel less isolated. The nearest caregiver support group for the SRC area, facilitated by Nancy Allan, meets at Nimmo United Methodist Church on the third Friday from noon – 2 p.m. There are other groups in other local areas, and you can find out about them by emailing info@vbsrc.com.

Stamps to Cost More, Again!

The U.S.P.S. will raise the cost of a first-class stamp on January 21, 2024, to \$.68. The last increase was on July 9 to \$.66. So don't forget to stock up on Forever stamps before the new year.

Time Change

Remember to set your clocks back an hour after midnight on Sat., Nov. 4. Daylight Savings Time will end and Eastern Daylight Time will begin. We already are noticing the days growing shorter, but this major change will make us feel like getting into our jammies by 6 p.m.!

Exciting Changes in the Wind

Several of us had a very worthwhile meeting in October with a large group of staff from the Virginia Beach Public Health Department. They have received grant money and will be working on increasing their services to the rural, underserved community. They are very interested in partnering with us, so stay tuned as we work on future events and resources.

Coming in 2024

Sentara and AARP are joining together to provide Grand Driver courses in our area. AARP taught those classes several times at the SRC and we are very pleased we will be able to schedule one in 2024. Check future newsletters for the date of the class in the near future.

Lighten Your Wallet (In a Good Way)

Have you ever thought about what you carry around with you every day that might make you vulnerable to fraud? You might have considered how to avoid being scammed via telephone or online, but have you also thought about your wallet? It only takes seconds for a criminal to steal your wallet and what could be found in it might give them instant access to your money,

Here are six things to keep out of your wallet:

- Your Social Security card- there's no need to carry it with you.
- Your Medicare insurance cards- although they no longer contain your Social Security number, the listed information is still valuable. Take your insurance cards with you only on days you have doctors' appointments.
- Credit cards you seldom use- if your wallet is stolen you might forget to cancel accounts you haven't used recently.
- Blank checks-
- Unused gift cards- consider them as valuable as cash.

Ladies especially, don't leave your purse unattended in your grocery cart, as it takes a thief just minutes to steal it when you aren't paying attention. Be smart, be safe. It may take you a few minutes at home to sort through your wallet, keeping only those items in it that you absolutely need day to day. An added benefit for ladies is that our purses will be lighter without the unnecessary items.

Adapted from AARP Virginia Fraud 7/21/2023

VETERANS DAY
HONORING ALL WHO SERVED

6 Things to Get Rid of before They Become a Burden to Your Kids

After learning about the value, or lack of value, of our "stuff" at our recent estate sale lecture, you might want to think about sorting out some of your belongings now. It might be a gift to your children if you deal with disposing of some of your personal property before they are saddled with the job after you have died. You might be holding on to some things thinking your family will want them, when in reality no one may want them.

Items most often saved that are overvalued and unwanted:

- Antique furniture- large, heavy dark furniture
- Coin collections
- Silver
- China
- Dolls
- Rugs- Oriental rugs are not in demand anymore.

It pays to talk to your adult children ahead of time, to ask them what they would like to have and what they are not interested in. Taking time to do that now will save the kids a lot of grief and stress after you are gone.

Adapted from House Beautiful 4/25/17

How to Avoid Being Overcharged for a Funeral

Most of us shy away from any discussion regarding funeral planning, but most of us will be dealing with a funeral home sooner or later, for a loved one's funeral or our own. Since most people are traumatized by the loss of a loved one, they can be taken advantage of when they need to make arrangements at the time of

someone's death. But it is possible to learn ahead of time what it's all about.

The Federal Trade Commission's Funeral Rule regulation gives consumers rights that you need to know about:

- You have a right to be given price quotes by telephone.
- You have a right, when meeting with funeral home staff, to be given a printed, itemized price list.
- You have the right to pick and choose what you want, item by item. The funeral home is not allowed to offer you only a preset package.

When trying to choose a funeral home, try to make time to call at least a few different providers to compare prices. It is important to consider what amount you are able to spend and to try not to be swayed to spend more when you are in an emotional state. Keep in mind that funeral homes are required to accept coffins you have purchased on your own, so it pays to search online for companies that sell coffins directly to you.

Adapted from Pro Publica 9/9/2022

Behind the Scenes

Have you ever wondered how everything is magically set up for all of our special activities, our lectures and pot lucks? While most of us arrive at the center just in time for the activity to begin, there are volunteer worker bees who show up at least 2 hours early to set up chairs, to prepare beverages, to set up the pot luck buffet, etc.? Luckily these few folks just do what's necessary. And we just take it for granted they will continue to do so. Fortunately, attendees do help put away chairs, do the dishes, wrap up the leftovers, etc., and we are appreciative of their help. If you plan to attend a lecture, consider coming ahead of time and pitching in.

Gratitude is a powerful feeling of being thankful for all the good in your life. When we are grateful, we are allowing ourselves to focus on what is going well in life and to acknowledge our appreciation of all the good, instead of focusing on problems, issues and things outside of our control. During this season of Thanksgiving, take time to realize how much you have to be thankful for.

THINK before you speak

T is it true?

H is it helpful?

I is it inspiring?

N is it necessary?

K is it kind?

Let's all think before we speak and be kind to one another.

I Am Thankful For

by Nancy J Carmody

I am thankful for

...the mess to clean up after a party, because it means I have been surrounded by friends.

...the taxes that I pay, because it means that I'm employed.

...the clothes that fit a little too snug, because it means I have enough to eat.

...my shadow who watches me work, because it means I am out in the sunshine.

...the spot I find at the far end of the parking lot, because it means I am capable of walking.

...all the complaining I hear about our government, because it means we have freedom of speech.

...that lady behind me in church who sings offkey, because it means that I can hear.

... the lawn that needs mowing, windows that need cleaning and gutters that need fixing

because it means I have a home.

...my huge heating bill, because it means that I am warm.

...weariness and aching muscles at the end of the day, because it means that I have been productive.

...the alarm that goes off in the early morning hours, because it means that I am alive.

Donations

Linda Griffin – no specification for use

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
757 470-7186

Vice President

Sharon Prescott
757 630-2660

Treasurer

Pat Jenkins
757 618-5304

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
757 426-7501

Newsletter

Nancy Allan
757 422-1292
Anne Bright
757 426-7832



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 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|--|
| | | | 1 | 2 | 3 | 4 |
| | |  | 10:30 - 12:00 Read and Share (PR Angie V.) | 8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dances 2:00 - 3:30 pm Regulars | 10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR) | 10:00 Jim Thorpe Story at the SRC. This is a PBL Program (PR Ange V.) ----- 1:00 Game Day (PR Jo-Ann R.)  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | 2:30 Bonkers for Bunko at the Pungo Blackwater Library (PR. Angie V) | 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) | Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dances 2:00 - 3:30 pm Regulars | 10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR) | Veterans' Day |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | | 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 The Mermaid Factory - <u>Reservations and Prepayment required</u> , call the SRC 757-385-2175 (PR Sharon P.) | NO LINE DANCE CLASSES | 10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR) " | 2:30 Bonkers for Bunko at the Pungo Blackwater Library (PR. AngieV) ----- 6:00 to 9:00 Game Night  (PR Rita T.) |
| 19 | 20 | 21 | 22 | Thanksgiving Day 23 | Black Friday 24 | 25 |
| | 10:00 Crafters for Charity (PR Gabby M.) | 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) Never Forget 60 Years Since Kennedy Was Assassinated | 1:00 PM Thanksgiving Day Pot Luck Lunch at the SRC. See details in November Newsletter (PR Rebecca Aldridge) No Line Dancing | 10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR) | |
| 26 | Cyber Monday 27 | 28 | 29 | 30 | | |
| | | 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.) | 10:00 - 3:00 Questions on Medicare-Medicaid 1:1 Benefits Counseling by appointment only (PR Bonnie Dozier or Eileen Churchill) | Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dances 2:00 - 3:30 pm Regulars | | |
| Notes: | | | | | | |