

11th Anniversary Celebration and Fond Memories Concert Friday, Oct. 5 7:00 pm

Can you believe it? The Senior Resource Center will be celebrating its 11th year of operation! We are very proud that we have survived so long and that we are continuing to offer new and exciting opportunities, like ballroom dancing and tai chi. Some of our “classes,” such as exercise and line dancing, and activities such as JOY and the history group, have been meeting for many years, with the same dedicated instructors and facilitators. How fortunate we have been to have so many wonderful and talented volunteers who have given so much time in order to keep SRC alive and well. But in order for us to continue to thrive, we need new blood-- new volunteers, as well as new ideas. We invite and encourage you to step up to the plate and help. We are also always trying to find new “members,” so be sure to help spread the word about all that we have to offer.



Our favorite musical group, Fond Memories, will make this anniversary celebration special by serenading us. If you haven't been lucky enough to have heard them before, they are 5 extremely talented vocalists. While they perform free for us, we suggest that you **come prepared to make a cash donation to Fond Memories**, to help cover their ongoing expenses. \$5 per person donation is a

suggested amount, but it's up to you to decide what you would like to give.

We will be providing cake, ice cream and punch, so no need for you to bring snacks.

JOY(Just Older Youth) Lecture and Pot Luck Tuesday, Oct. 16 10:00 am

Susan French, City of Virginia Beach Arborist, will be the guest speaker, lecturing on Urban Tree Composition. If you want to have your blood pressure checked, arrive at 9:30 a.m. The lecture will begin at 10 with a pot luck to follow, so please bring a dish to share.



Senior Showcase Wednesday, Oct 31 9:00 am-2:00 pm Princess Anne Rec Center

Sign-in starts at 9 a.m. and will provide you time to visit all the vendors before the program begins. This is an annual event produced by the Mayor's Commission on Aging and attracts a large number of seniors. You can gather lots of local resource information, get some free goodies, attend breakout sessions and enjoy entertainment. It's all free, **but you need to call to pre-register so you can enjoy a free box lunch. Call 385-4581 or email mayorsoffice@vbgov.com to reserve your space.**

SENIOR SHOWCASE
Information Fair

Craft Show

Saturday, Nov. 10 10:00 am-2:00 pm



By the time you read this newsletter we will probably have all our spaces filled, but you can check by calling 422-1292. We will be featuring local artisans so please stop by to check out the talents of your neighbors and do some holiday shopping. Our cookbook and history book will also be available to purchase.

Speaking of Donations

We know you get tired of all the solicitations for funds from different organizations, but we would like to remind you that the SRC depends on your donations to cover our daily expenses. Considering that you don't have to pay any membership fee to belong to SRC, you could help by feeding the pig (our large piggy bank on your right as you enter) or the jar on the cooler in the kitchen. We do have to pay for our own insurance, paper goods, beverages, postage, etc. so your contributions help offset those costs.

Farmers Market Final Hoedowns for 2018

Free concerts, rain or shine, 7:00 – 10:00 p.m. every Friday. Bring a chair or blanket.

- Oct. 5 Dallas Band
- Oct. 12 Double Shot
- Oct. 19 Timeline
- Oct. 26 New City Sound



Food Pantry

Another way to show your support of SRC is to regularly bring one non-perishable food item to donate. We try to help Charity United Methodist Church keep their food pantry full. It's easy to pick up one extra can or box of food when you shop and then bring it to SRC next time you visit.

Open Enrollment Period for Medicare and Medicare Part D Coverage

October 15 – Dec. 7, 2018

Don't forget to review your Medicare, Medicare supplement and Medicare D(prescription) coverage and make any desired changes before the deadline.

Some food for thought:

There comes a time in your life when you realize:

Who matters,
Who never did,
Who won't anymore
And who always will.
So, don't worry about people from your past.
There's a reason why they didn't make it to your future.

Donations

- David Lavrischeff for newsletter
- Beth Swanner in memory of Kathy Lewis Holcomb
- Rita and Don Trammell in memory of Jon Jenkins
- M. Arlene Landon to be used as needed

Virginia Beach Public Library Special Services for the Visually Handicapped

Bayside & Special Services Library, in cooperation with the National Library Service for the Blind and Physically Handicapped, provides library service to Virginia Beach residents with visual and physical disabilities. The library offers talking books and players, recorded magazines, large print books, movies, Braille, and catalogs. All are mailed to customers' homes at no cost. Talking books and recorded magazines are also available for customers to download directly to their device. An eligible person must fill out and submit an [application](#). Call the library at 385-2684 for more information.

Who Is Eligible?

- People who are blind or have low vision.
- People with physical disabilities who cannot hold a book or turn pages.
- People with reading or learning disabilities certified by a medical doctor.
- Those with temporary visual or physical disabilities may also be eligible.

Planning Your Funeral

If you watched Senator John McCain's recent funeral services, you learned that he had made all the detailed plans himself. In 2012, screenwriter Nora Ephron planned her own funeral, so when she died suddenly her friends and family knew exactly what to do. Here are three lessons from what she did:

1. Be decisive about your wishes. Ephron knew she wanted a memorial that matched how she lived her life, down to the printed programs that included some of her favorite recipes. When doing your funeral planning, it is important to

address key questions and make sure your loved ones know the answers:

Do you want to be buried or cremated? If cremated, where you want your ashes to go? Do you want a funeral or a memorial service? What religious ceremony do you want? How do you want your family and friends to celebrate your life and/or mourn your death?

2. Think about the financial side of your funeral. Ephron was fortunate; she had the asset base to put on a memorial service at Lincoln Center. Most of us are not in that position, of course, so you will really want to determine how much your funeral will cost and where the money will come from to pay for it. Elizabeth Meyer, author of *Good Mourning*, often tells people to consider prepaying, since the cost of funerals rises annually. A prepayment plan, locking in your cost, can be arranged with the funeral home or be done through a life insurance policy or a "payable upon death" account.

3. Don't be afraid to be a planner from beyond the grave. Ephron left nothing to chance with her funeral; it was structured and planned in a very detailed manner, which made it easy on her family. She had listed who would speak about her life, in what order and for how long. Most families, however, scramble at death to make decisions the way they think the deceased would have wanted.

Avoid your loved ones handling your funeral in a way you wouldn't want. Do this by writing down some personal touches that will help your family and friends grieve. They might include: Who should eulogize you?

What readings should be used?

Is there any specific music that should be played?

What symbols of your life would you like displayed?

Helping Your Family Grieve

While this mostly doesn't seem like financial and estate planning, it really is. Because your

funeral instructions will help your family grieve while being cost effective.

At Ephron's memorial service, Meryl Streep noted that when she found out she was on the list of speakers for the memorial, she felt "so privileged and so ticked off and so honored and so inept all at the same time that she couldn't help thinking that this is exactly what Nora intended."

Maybe someone will say the same about you. By Megan Gorman

6 Steps to Protect Your Older Loved One (or yourself) from a Fall

Did you know that 1 in 4 older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active. If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible. The good news about falls is that most of them can be prevented. The key is to know where to look.



Here are some common factors that can lead to a fall:

- Balance and gait - As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.
- Vision In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see. New

research suggests hearing loss can also contribute to the risk of falling.

- Medications- Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.
- Environment- Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.
- Chronic conditions- More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

Here are 6 easy steps you can take to help your older loved one reduce their risk of a fall:

1. Enlist their support in taking simple steps to stay safe. Ask your older loved one if they're concerned about falling. Many older adults recognize that falling is a risk, but they believe it won't happen to them or they won't hurt—even if they've already fallen in the past. If they're concerned about falling, dizziness, or balance, suggest that they discuss it with their health care provider who can assess their personal risk and suggest programs or services that could help.
2. Discuss their current health conditions. Find out if your older loved one is experiencing any problems with managing their own health. Are they having trouble remembering to take their medications—or are they experiencing side effects? Is it getting more difficult for them to do things they used to do easily? Are hearing and vision changes becoming problematic? Also make sure they're taking advantage of all the preventive benefits now offered under Medicare, such as the Annual Wellness visit. Encourage them to speak openly with their health care provider about all of their concerns.

3. Ask about their last eye checkup. If your older loved one wears glasses, make sure they have a current prescription and they're using the glasses as advised by their eye doctor. Remember that using tint-changing lenses can be hazardous when going from bright sun into darkened buildings and homes. A simple strategy is to change glasses upon entry or stop until their lenses adjust. Bifocals also can be problematic on stairs, so it's important to be cautious. For those already struggling with low vision, consult with a low-vision specialist for ways to make the most of their eyesight.

4. Notice if they're holding onto walls, furniture, or someone else when walking or if they appear to have difficulty walking or arising from a chair. These are all signs that it might be time to see a physical therapist. A trained physical therapist can help your older loved one improve their balance, strength, and gait through exercise. They might also suggest a cane or walker—and provide guidance on how to use these aids. Make sure to follow their advice. Poorly fit aids actually can increase the risk of falling.

5. Talk about their medications. If your older loved one is having a hard time keeping track of medicines or is experiencing side effects, encourage them to discuss their concerns with their doctor and pharmacist. Suggest that they have their medications reviewed each time they get a new prescription. Also, beware of non-prescription medications that contain sleep aids—including painkillers with "PM" in their names. These can lead to balance issues and dizziness. If your older loved one is having sleeping problems, encourage them to talk to their doctor or pharmacist about safer alternatives.

6. Do a walk-through safety assessment of their home. There are many simple and inexpensive ways to make a home safer. For professional assistance, consult an Occupational Therapist. Here are some examples:

- o Lighting >Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night.
- o Stairs >Make sure there are two secure rails on all stairs.
- o Bathrooms >Install grab bars in the tub/shower and near the toilet. Make sure they're installed where your older loved one would actually use them. For even greater safety, consider using a shower chair and hand-held shower.

For more ideas on how to make the home safer, the Centers for Disease Control (CDC) offers a home assessment checklist in multiple languages. Visit www.cdc.gov and search "falls checklist" to download a copy. Partner with your older adult loved one to do a home assessment and discuss opportunities to improve safety.

From the National Council on Aging

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>President Johnnie Williams 470-7186</p> <p>Councilwoman Barbara Henley 426-7501</p> <p>City Liaison Shari Williams 385-2175, Tue & Fri</p>	<p>Hours of Operation 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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Newsletter
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.

October 2018



The SRC is 11
Years old this
month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	11:00 -1:00 Health Fair - Flu Shots and Blood Pressure testing (PR Shari W. & Anne B.)	1: Bingo /Cards 7:00 PM Ballroom Dancing	1:00 Cards	8:30 Board Meeting 9:30 Exercise (PR Rita J.) <u>Line Dance Class</u> Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah B) (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan) Fond 11th Anniversary to 9:00 pm Celebration	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
7	8	9	10	11	12	13
	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	1: Bingo /Cards 7:00 PM Ballroom Dancing	1:00 Cards Bus Tour to Virginia's Northern Neck (See webiste for more information)	9:30 Exercise (PR Rita J.) <u>Line Dance Class</u> Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	10:00 -12:00 Crafters (PR Pat Jenkins)
14	15	16	17	18	19	20
	1:00 Dominoes/Cards	9:30 Blood Pressure Test 10:00 JOY, Urban Tree Composition. Speaker Susan French Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards 7:00 PM Ballroom	1:00 Cards	9:30 Exercise (PR Rita J.) <u>Line Dance Class</u> Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm Game Night (PR Jo-Anne R.)
21	22	23	24	25	26	27
	1:00 Dominoes/Cards	1: Bingo /Cards 7:00 PM Ballroom Dancing	1:00 History & Cards	9:30 Exercise (PR Rita J.) <u>Line Dance Class</u> Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	
28	29	30	31			
	1:00 Dominoes/Cards	1: Bingo /Cards 7:00 PM Ballroom Dancing	1:00 Cards Sr. Showcase Princess Anne Recreation Ctr.			