

## Albemarle Watershed- Environmentally Conscious Flood Protection

### Lecture and Pot Luck Lunch

Wednesday, Sept. 5 10:30 am



SRC will host the third in a summer series of presentations about the issues surrounding recurrent flooding and sea level rise, particularly as it affects the Southern Watershed in Virginia Beach. This is very

valuable information that you don't want to miss. **Karen Forget**, Executive Director of Lynnhaven River NOW, will explain some things that you can do on your own property to help with the situation. Our own **Louis Cullipher**, an expert in soils in Virginia and particularly in Virginia Beach, will talk about our soil types and how they affect the flooding problems. For about the last three years, the Dewberry Engineering firm has been doing an exhaustive study of the sea level rise issue. This fall, the city will get the results of that work, the most comprehensive study to date on both the issues and potential remedies we might adopt. In order for us all to be better informed and better able to choose the recommendations that will best suit our area, it is important that we take advantage of opportunities such as this to learn as much as we can. We hope that we can have a good turn-out to show that we are interested and concerned. The session will be followed by one of our famous pot luck lunches with fried chicken provided by the SRC and, hopefully, some of our delicious side dishes and desserts as accompaniment.

A 4<sup>th</sup> lecture in this series will be held on September 19, 2018 from 6 – 8 p.m. at the ATC (Advanced Technology Center (by VB TCC and the VB Joint Use Library). The topic will be: "Stewards of the Southern Watershed" with speakers:

**Stacey Feken**, Albemarle Pamlico National Estuary Partnership- "What We Can Learn from Them and How Are We All Connected"

**Tom Allen & Tai Ezer** from O.D.U.- "Climate and Oceanic Processes Facing Communities in the Southern Watershed."

These lectures are also being rebroadcast on VB T.V., Cox channel 48 and Verizon channel 45.

## Bowling League Starting Up

Wednesday, Sept. 5 10 am-12 noon



Ladies, are you bored? Looking for some fun with other ladies? Wednesday morning bowling league will meet at

AMF Lynnhaven Bowling Center (located across from Lynnhaven Mall). No experience is necessary. You do not need to have a bowling ball or shoes. This is low on competition and high on having a good time. Contact Gerry Stillman for more information at 757-721-3143.

## JOY (Just Older Youth)

### Resumes- Lecture and Pot Luck

Lunch Tuesday, Sept. 18 10:00 am

**Amy Thomas** from Beltone will present a program on hearing loss. Come at 9:30 a.m. to have your blood pressure checked and stay after the presentation for our pot luck lunch. Please bring a dish to share. A free hearing test for anyone who so desires.

## LASTCHANCE FOR OUR BUS TOUR Wednesday October 10, 2018 REGISTRATION CLOSES SEPTEMBER 7<sup>TH</sup> Treasures of The Northern Neck of Virginia

A few seats remain. Trip flyer with itinerary details and registration form is available at the SRC or via email request to [newbillm@cox.net](mailto:newbillm@cox.net). The motor coach departs SRC at 7:00 am, West Neck Village Hall at 7:20 am, Quality Suites Lake Wright at 8:00 am, and returns at approximately 7:00 pm. This trip is organized and managed for SRC by SignaTours, Ltd. of N. Chesterfield, VA, the company that provides motor coach tours for Sentara. All-inclusive cost is \$116 per person. For questions please contact Mike Newbill, 757-453-6985.

## FAST and Stroke Prevention

If you didn't attend our July 17<sup>th</sup> lecture about stroke awareness and prevention, you missed a great opportunity to learn how to safeguard your health. Sentara Physical Therapist Kayla Waterfield taught us about the acronym FAST, an easy way to remember the main symptoms and warning signs of stroke:

**F** for Face: Does the face look uneven? Ask the person to smile and see if the mouth and side of the face droops.

**A** for Arm: Can the person raise both arms or is one arm weak?

**S** for Speech. Does the person's speech sound garbled or slurred? Ask the person to repeat a short phrase.

**T** for Time. Every second counts as every second more brain cells die.

Call 911 immediately when there are any signs of stroke.

We learned that there are two major types of stroke: ischemic and hemorrhagic. In an **ischemic stroke**, a blood vessel carrying blood to the brain becomes blocked, usually by a blood clot and a portion of the brain becomes deprived of oxygen and will stop functioning. This kind of stroke accounts for 80% of all strokes and rapid treatment is critical.

A **hemorrhagic stroke** occurs when a blood vessel that carries oxygen and nutrients to the brain burst and spills blood into the brain. When this happens, a portion of the brain becomes deprived of oxygen and will stop functioning. The symptoms of this type of stroke may differ from ischemic strokes so the FAST system may not be as applicable. Hemorrhagic stroke accounts for about 20% of strokes. The most common signs of a hemorrhagic stroke are:

- Sudden severe headache with no known cause, often described as "the worst headache of my life"
- Partial or total loss of consciousness
- Vomiting or severe nausea, when combined with other symptoms
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

**Transient Ischemic Attacks (TIAs)** are often called mini-strokes. The symptoms are the same as for a major stroke.

No matter which stroke symptoms someone may experience, calling 911 right away is always the safest thing to do.

Some risk factors for stroke are not modifiable: age, family history, ethnicity and gender. However, many risk factors are modifiable, and we can lower those risks if we choose to do so: stress, poor diet, high cholesterol, physical inactivity, obesity, diabetes, smoking and high blood pressure. We can lessen those risks by eating healthy food, regularly exercising, and keeping our blood pressure, blood sugar and cholesterol levels under control.

## Farmers Market Hoedown Band Schedule

The free concerts take place every Friday night, rain or shine, from 7 – 10 p.m. Bring a chair or blanket. Virginia Beach Farmers Market is located at the intersection of Princess Anne Road and Dam Neck Road.

Sept. 7 Dallas Band  
Sept. 14 Timeline  
Sept. 21 The Long and the Short of it  
Sept. 28 Country Rebels



**Oct. 1, 11 a.m. - 1 p.m.** SRC Health Fair and Flu Shots

**Oct. 31-** All day Mayor's Commission on Aging's Annual Senior Showcase at Princess Anne Rec Center

**Nov. 10 10 a.m.- 2 p.m.** SRC Craft Show

**Nov. 14 9 a.m.- 2:30 p.m.** Senior Services' Art of Healthy Aging, VB Convention Center

## School Back in Session Sept. 4<sup>th</sup>

Our public schools will begin the 2018/2019 school year, so be mindful of the resumption of bus traffic as well as parents dropping off and picking up their kids at Creeds Elementary School. Please drive slowly and safely in our parking lot.

**We're Going Back To School**



## SRC Craft Show

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

We are still seeking additional crafters, those who make their own items. We'll supply the 6' table and there is no fee to participate. We look forward to being able to share our local folks' talents, so we hope you'll save the date and attend the show.

**CRAFT  
SHOW**

## New Ballroom Dancing Lessons—Shall We Dance?

Yes, we shall. Enough of you have shown interest in this new, free activity, so come to SRC on Tuesday evenings at 7 p.m. on Sept. 11<sup>th</sup> & 18<sup>th</sup>. Dance instructor Melinda Mielock will help you get rid of your two left feet.

## Creeds Senior Reading Buddies Training

**Monday, Sept. 24 10:00 am-11:00 am  
CES Library**

You are invited to join an award-winning team and make a difference in the lives of Creeds Elementary students. Reading Buddies are volunteers who serve as weekly reading role models with students. Buddies are asked to serve at least one day a week for an hour, working with individuals or student groups. You can choose the option that best suits your time and talents. Full training and materials are provided. You can help students expand their love of reading and you will get warm fuzzies in return. Call Anne Horsley (CES Reading Specialist) at 648-2400 or email her at [anne.horsley@vbschools.com](mailto:anne.horsley@vbschools.com)

## Grief/Bereavement Groups

If you are a widow or widower or have lost a loved one, you may find it helpful to attend a grief/bereavement support group. These groups are free and ongoing and provide support and solace to those facing major and stressful transitions due the death of a loved one. Local groups include:



**Ladies of the Lord (LOL)**-- Christian-based, open to women only, for widows or divorcees. Meets every 4<sup>th</sup> Thursday of the month at 2 p.m. at facilitator Janice Beatty's home in West Neck, 2814 Rose Garden Way, VB 23456(Wordsworth Village.)630-3248

**My Friend, I Care** Open to anyone experiencing grief, meets 10 a.m. every Tuesday at Old Donation Episcopal Church, 4449 N. Witchduck Rd., VB 23455. Facilitator Patty Hendrix, 689-2803 or 362-4535.

**Grief Group**-Open to anyone experiencing grief. Meets 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 11 a.m. at Lifestyle Center, 800 Battlefield Blvd., Chesapeake 23320, adjacent to Chesapeake Regional Hospital. Facilitator Chaplain Winslow, Chesapeake Regional Home Care and Hospice. 312-6460

## AED Training Sessions Wednesdays at 9:30 am



Nancy Gregory, SRC Board Member and Virginia Beach Rescue Squad volunteer, will provide training (for those new to the AED unit and those who need a refresher course.) AED stands for Automatic External Defibrillator,

a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm in the case of sudden cardiac arrest. SRC has an AED unit located on the shelf on your right as you enter the kitchen from the smaller activity room. This is NOT a "class" but rather a refresher on how to use the AED machine. It should take no more than 10 minutes of your time, but we do encourage all to become familiar with this unit, especially our volunteers. There are also AED units in many other City buildings.

## Upcoming Elections-Are You Registered to Vote?

Tuesday, Nov. 6 is Election Day and we will be able to vote for a Federal Senator, a Federal Representative (2nd Congressional District), as well as Virginia Beach City Council and School Board members. If you need to register to vote, the deadline is Oct. 15. Deadline to request an absentee ballot by mail is Oct. 30 or in person by Nov. 3. You will need to carry a photo ID to the polls (i.e. driver's license, military ID or passport.) The local Voter Registrar's Office at the Municipal Center can provide a free photo ID (just for the purpose of voting). For information call our registrar at 385-8683 or go online at [www.elections.virginia.gov](http://www.elections.virginia.gov). Don't waste your chance to participate in our democracy. Every vote counts!

## City of Virginia Beach Recycling Reminder from Barbara Morrison, VB Communications Manager

We appreciate and are very proud of all the recycling efforts that our citizens make, but please don't put plastic bags in the blue bin! Bags can damage the equipment used in the recycling process and are removed from the line as contamination. This means the recyclables in those bags are not recycled

## Name Change

Our City of Virginia Beach representative has changed her name from Shari Wilson to Shari Williams. Her new email address is [slwilliams@vbgov.com](mailto:slwilliams@vbgov.com). She is at SRC most Fridays at 385-2175.

## Donations

Garnet Riley in appreciation of the newsletter

June Klag in memory of Beth Chaves, Jon Jenkins, George Schauer, Dennis Malbone, Ronald Spence, Bettily Chapman, Dorothy Fix, Dr. Tony Thomas, Keith Leacraft, and Don McBride

Barbara Vaughan for materials for Ultimate Tic-Tac-Toe presentation for Rose Doucette, our 12 year old volunteer

Thanks go to Rose Doucette and Camryn Conger, our young volunteers, for their help this summer. We enjoyed their energy and friendliness

## Prevent Pneumonia

Did you know about 1 million Americans go to the hospital with pneumonia every year?

Pneumonia is a lung infection caused by pneumococcal disease, which can also cause blood infections and meningitis.

The [pneumococcal shot](#) is the best way to help prevent certain types of pneumonia and other pneumococcal infections. Medicare Part B covers the initial shot, plus a second shot (a year after you've gotten the initial shot). Talk with your doctor to see if you need one or both shots. If you are wondering about other vaccines covered under Medicare, your doctor can help you figure out which shots are right for you.

## Transportation to Medical Appointments

Senior Services of Southeastern Virginia provides van rides to medical appointments via their I-Ride program. They have wheel-chair accessible vehicles, but you have to be able to get out to the curb on your own. An aide can travel with you at no charge. You need to call at least 2 – 4 weeks in advance, so you won't be able to use this service for a last-minute doctor's visit. A \$4 donation is suggested. Call Mike at 963-9218 for more information or to reserve a ride.

### 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

#### 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

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](http://www.vbsrc.com) and help save printing and postage costs.

# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						<b>1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. &amp; Carol Todd)</b>
<b>2</b>	<b>Labor Day</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	1:00 Dominoes/Cards  SRC will be closed	1:00 Bingo/ Cards <b>Be careful School Starts Today No Ballroom Dancing September 4th</b>	<b>9:30 AED Refresher Training (PR Nancy G.) 10:30 - 1:00 pm Speaker: Water Shed, Louis Cullipher &amp; Karen Forget, followed by Pot Luck. 1:00 Cards</b>	8:30 Board Meeting 9:30 Exercise (PR Rita J.) <b>No Line Dancing</b>	9:30 Yoga (PR Linda T.) 10:45 Conversations <b>(PR Sarah Burke) 12:00 - 1:00 Tai Chi (PR Gary Donovan)</b>	10:00 - 12:00 Crafters (PR Pat Jenkins)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	1:00 Dominoes/Cards	1:00 Bingo/ Cards <b>7:00 PM Ballroom Dancing</b>	<b>9:30 AED Refresher Training (PR Nancy G.) 1:00 History &amp; Cards</b>	9:30 Exercise (PR Rita J.) <b>Line Dance Class</b> Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) <b>12:00 - 1:00 Tai Chi (PR Gary Donovan)</b>	<b>6:30 - 9:00 pm Game Night (PR Jo-Anne R. &amp; Rita T.)</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	1:00 Dominoes/Cards <b>2:00 Photography (Shutterbugs) (PR Sharon Prescott)</b>	1:00 Bingo/ Cards <b>9:30 Blood Pressure Testing 10:00 Hearing Loss Free Hearing test (PR Juanita S.) 7:00 PM Ballroom</b>	<b>9:30 AED Refresher Training (PR Nancy G.) 10:00 Antique Road Show (PR Jim O.) 1:00 Cards</b>	9:30 Exercise (PR Rita J.) <b>Line Dance Class</b> Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations <b>(PR Sarah Burke) 12:00 - 1:00 Tai Chi (PR Gary Donovan)</b>	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	1:00 Dominoes/Cards	1:00 Bingo/ Cards <b>No Ballroom Dancing Sept 25</b>	<b>9:30 AED Refresher Training (PR Nancy G.) 1:00 History &amp; Cards</b>	9:30 Exercise (PR Rita J.) <b>Line Dance Class</b> Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) <b>12:00 - 1:00 Tai Chi (PR Gary Donovan)</b>	
<b>30</b>						