

## 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