

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – SEPTEMBER 2021

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

Senior Resource Center Covid-19 Status

Unless we advise you otherwise, the SRC continues to fully operate. If you have been vaccinated, you do not need to wear a mask, but if unvaccinated, you do need to mask up.



It is important for you to know how these proposed projects will be financed and how that will affect your taxes. It is also important to know what the options are if this referendum is not approved. Please take advantage of this opportunity to get a full explanation of this question so you will have plenty of time to consider your position before you go to cast your vote. You will be able to ask your questions and talk individually with Barbara and city staff after the session as well. A potluck lunch will follow.

Stormwater Bond Referendum Lecture and Potluck Lunch

Wednesday, Sept. 15 10:00 am



Make certain that you are an informed voter by planning to attend the session, and getting the complete information you will need to cast your vote

in the bond referendum for stormwater improvements which will be on this fall's ballot. Councilwoman Barbara Henley and staff from the City will be available to explain the projects which will be financed with an approved referendum vote. Especially important will be the projects located in our southern watersheds: a green infrastructure project which will especially finance some marsh restoration in Back Bay to help control the wind tide flooding; a project to raise the surface of the Pungo Ferry Road to address that frequent road flooding; improvements at the West Neck Bridge to help prevent flooding in the West Neck Creek area; improvements to the Sandbridge/New Bridge Road intersection to address flooding in that area.

Free Benefits Counseling- Wednesday, Sept. 22 1:00-4:00 pm



We are very fortunate that Bonnie Dozier, Benefits Team Leader at Senior Services of Southeastern Virginia (our Area Agency on Aging) is able to resume her monthly counseling visits at SRC. She will come the 4th Wednesday every month and will meet 1:1 with you for one hour each, from 1 – 4 p.m.

Reservations are necessary so please call us at 385-2175 to sign up. The annual enrollment period begins Oct. 15, so this is the time to explore your current coverage and look into alternative plans, including Medicare Advantage. Bonnie can also help you with Medicare problems and concerns

The open enrollment period runs from October 15-December 7, 2021 and is one of the few times you can make changes. Any change you make in your insurance coverage will take effect Jan. 1, 2022.

Public School Starts New Year

Virginia Beach Public Schools begin the 2021/2022 on Tues., Sept. 8. Be careful entering and exiting our parking lot as during certain periods in the day busses and parents' cars will be filling the lot. We suggest you leave the center by driving behind it and exiting by the library.

Virginia Beach Neptune Festival

Sept. 24th – 26th

This annual festival returns after last year's cancellation due to the pandemic. Daily concerts at festival stages are scattered along 30 blocks of the boardwalk and feature 27 performances from local, regional, and national recording artists. On the boardwalk, you can find over 250 artisans displaying handmade work, at an Art & Craft Show that has been ranked #5 out of 200 Fine Art and Design Shows across the country. Keep walking to find 22 magnificent sand sculptures created by world-renowned international sculptors at Neptune's International Sandsculpting Championship. Other weekend events include Neptune's 8k Race, Grand Parade, Volleyball Tournament, Atlantic Regatta, Youth Art Show, and more! Go to www.neptunefestival.com for all the details.



Blue Angels Are Back Sept. 18th and 19th



Naval Air Station Oceana's annual air show will return to Hampton Roads skies Sept. 18 and 19, unless Covid-19 regulations are reinstated. The two-day performance will feature different civilian and military aircrafts, including the

Navy's elite flight demonstration squadron, the Blue Angels. The theme is "The Blues Are Back" to highlight the Blue Angels' 75th anniversary, their first year flying the F/A-18 Super Hornet and their first appearance at the air show since 2018. The Air Force F-22 Raptor and the F-35 Lightning II will also appear for tactical demonstrations. Naval officials caution that if daily cases of COVID-19 exceed a seven-day average of two new cases per 100,000 people, attendance at the air show could be limited or cancelled. Admission and parking for the event are free, and more information about the event will be released as it becomes available at www.oceanaairshow.com.

Farmers Market Hoedowns

Enjoy free, live music at the Virginia Beach Farmers Market every Friday night from 7-10 p.m., rain or shine. Dance if you'd like or just enjoy the music. Bring a chair or blanket.

Sept. 3	East Coast Band
Sept. 10	Dallas Band
Sept. 17	Timeline
Sept. 24	Nashville Tradition

The following article may be upsetting to some of you, but as we age, we need to at least be educated about end-of-life choices. We can learn about them, think about them, discuss them with our family and then make sure we complete any necessary documents (like DNRs and Advance Directives.)

The Reality of CPR Get the Facts

An important “end-of-life” consideration for seniors is whether or not they would want to have CPR (Cardiopulmonary Resuscitation) if their heart stops beating or if they stop breathing. What we usually see on TV paints a rosy picture of CPR and leads many of us to think everyone would want it. After all, the CPR shown on TV is quick, painless, and almost always works. In real life, the CPR process is brutal and survival rates are low. Before making a choice about CPR, it’s essential for seniors to know the risks, benefits, and their chance of recovery.

How CPR really works Cardiopulmonary resuscitation (CPR) is used as a treatment for sudden cardiac arrest. It’s much more violent than what’s shown on popular TV shows. Real-life CPR means pushing down into the chest at least 2 inches deep and at least 100 times per minute. Sometimes, air is forced into the lungs. Then, an electric shock is sent to the heart to try to get it to beat again. If CPR is successful, all that pounding on the body usually results in major physical trauma. This trauma often includes broken ribs, lung bruising, damage to the airway and internal organs, and internal bleeding.

CPR risks for seniors Along with the physical trauma, patients who receive CPR also have to deal with serious long-term consequences like possible brain damage from oxygen deprivation. First, older bodies are

physically weaker and less likely to recover from the CPR itself. On top of that, the existing health conditions that caused heart failure in the first place make it even less likely that they’ll recover at all or have reasonably good quality of life. Because of all this, some people argue that using CPR on seniors leads to an unnecessarily prolonged and painful death.

CPR survival rates are low among seniors Research suggests that only 10-20% of **all** people who get CPR will survive and recover enough to leave the hospital. For chronically ill elderly patients, a study has shown a less than 5% chance of surviving long enough to leave the hospital after receiving CPR. Another important factor is the quality of life that people will have after recovering from CPR. Being well enough to leave the hospital doesn’t mean they will have the quality of life they desire. Making a meaningful recovery from the cardiac arrest and the damage caused by CPR will be very difficult for seniors with existing health conditions.

Seniors need to know the facts before making a decision about CPR This doesn’t mean that CPR isn’t a valid choice for your older adult. It means that it’s important for them to understand the facts and realistic outcomes before making their choice. In a study, when older adults over 85 years old were made aware of their chances of survival, only 6% chose to have CPR.

Talk to the doctor about CPR risks and benefits Your older adult (and you as their advocate) should ask their doctor about the risks, benefits, and their realistic post-CPR quality of life before making a decision. CPR is one of the few treatments that patients have to choose **not** to do – it’s part of the standard protocols used by hospitals and emergency responders. If your older adult decides **not** to have CPR, they must have their doctor sign

a DNR (Do Not Resuscitate) or POLST (Physician Order for Life Sustaining Treatment)

The DNR document can be obtained for free, online at www.vdh.virginia.gov Click on "Health Topics A-Z on the drop-down menu and then under "D" click on Durable Do Not Resuscitate" (DDNR.) The person for who this form is for must sign it, as well as the person's physician. The form is kept at home, in an easily accessible place so it can be shown to rescue squad crews and also accompany the person to the hospital if necessary. Remember that CPR (Cardiopulmonary resuscitation) is used only when an individual has no pulse and is not breathing.

By Daily Caring Editorial Team

Let's Play

In case you didn't notice in the August newsletter, we have resumed our Game Day and Game night gatherings. Come on Sat., Sept. 4 at 1 p.m. or Fri. night, Sept. 18 at 6:30 p.m. to play cards or board games and make new friends. If you'd like, bring snacks/treats to share

Food for Thought

A Little Poem for Seniors

Another year has passed and we're all a little older.
This summer felt hotter and winter seemed colder.
There was a time not long ago when life was quite a blast.
Now I fully understand about "living in the past."
We used to go to weddings, football games and lunches,

Now we go to funeral homes and after funeral brunches.
We used to go out dining and couldn't get our fill
Now we ask for doggie bags, come home and take a pill.
We used to often travel to places near and far.
Now we get sore bottoms from riding in the car.
We used to go to night clubs and drink a little booze.
Now we stay home at night and watch the evening news
That. My friend is how life is, and now my tale is told.
So, enjoy each day and live it up, before you're too darned old!

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured. Mark Twain

Chuckles to Brighten Your Day

I bought myself a senior's GPS. Not only does it tell me how to get to my destination, it also tells me why I wanted to go there.

I try to take it one day at a time, but lately several days have attacked me all at once.

Aches and pains are here to stay, they seem to change day by day.

The list of ailments continues to grow, as the body starts to slow.
You can't be young or prissy, getting old ain't for sissies.

Let's be grateful that no matter how much chocolate we eat, our earrings still fit

Area Code Overlay Approved for the Virginia 757 Area Code

To ensure a continuing supply of telephone numbers, the Virginia State Corporation Commission approved the addition of the new area code 948 to the geographic location now served by 757. The addition of a new area code **DOES NOT require** customers to change their existing area code and phone number, but it does require a new dialing procedure to complete calls. You will now be required to dial the area code as well as the telephone number **starting September 11, 2021**. If you forget and dial just seven digits, your call will still be completed **until April 9, 2022**. After that date, your call will not complete, and a recording will instruct you to hang up and redial using the area code.

You will need to reprogram all services including automatic dialing equipment or other types of equipment in which you have stored numbers to include the area code. Some examples include your stored numbers in cell phones, life safety systems, medical monitoring devices, fire or burglar alarms and security systems and gates, fax machines, internet dial-up numbers, speed dialers, call forwarding settings, voicemail services and similar functions. You may also want to check your websites, personal and business stationery, checks, advertising materials, personal and pet ID tags, and other such items where your phone number is included.

What will remain the same?

- Your telephone number, including current area code, will not change.
- Costs associated with phone calls will not change because of the overlay.
- What is now a local call will remain a local call regardless of the number of digits dialed.

- You can still dial just three digits to reach 911, as well as 211,311,411,511,611,711, or811.

If you have questions regarding this information, you may contact Cox Business at (866) 272-5777 or access the following websites:

<https://www.cox.com/business/home.html> or the Virginia State Corporation Commission at <https://www.scc.virginia.gov/>

Donations

Juanita Swoope on behalf of JOY Group to be used for kitchen supplies

Mary Brewer in memory of “Dick” Brewer

Phyllis Vinson to be used as needed


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>Vice President Sharon Prescott 630-2660</p> <p>Treasurer Pat Jenkins 618-5304</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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Councilwoman
Barbara Henley 426-7501
City Liaison

Newsletter
Nancy Allan 422-1292
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.

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	10:30 - 12:00 Reading Group (PR Marcia H.)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars	9:30 - 10:30 AM Tai Chi (PR Garry D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD)	1:00 Game Day (PR Jo-Ann R.)
5	6	7	8	9	10	11
	Labor Day The SRC will be closed	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	Time TBD - Creeds Elementary School Meet and Greet (Set up Table?) 1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars	9:30 - 10:30 AM Tai Chi (PR Garry D.) 10:45 Writing (PR Jan D) 1:00 Cards (PR TBD)	
12	13	14	15	16	17	18
Grandparents' 	9:30 Shutterbugs (PR Sharon P) 1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	10:00 Understanding Bond Storm Water Referendum (PR Barbara H.) Potluck Lunch to follow	Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars	9:30 - 10:30 AM Tai Chi (PR Garry D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD)	 6:30 to 9:00 PM Game Night (PR Rita T.)
19	20	21	22	23	24	25
	1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	1:00 History (PR B. Henley) 1:00 to 4:00 PM Bonnie Dozier - 1:1 sessions to help our members with Medicare choices.	8:00 - 11:00 AM Covid Vaccinations {All 3 Vaccines, 1st and 2nd Shots - Hours Subject to change} Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars	9:30 - 10:30 AM Tai Chi (PR Garry D.) 10:45 Writing (PR Jan D) 1:00 Cards (PR TBD)	
26	27	28	29	30		
	1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)		Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 3:30 pm Regulars		

Notes: Crafters will no longer meet on Saturdays. Is there something else we can fit in? How can we replace Yoga?