

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – JULY 2020

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The Senior Resource Center will be operating according to the health situation at the beginning of April. Our first consideration will be the health and safety of our patrons. Please check the website and the message board outside the building for updates on times of operation.

We hope to welcome you back to the Senior Resource Center as soon as we are able to, in the near future. It seems like ages since we have been able to share a pot luck or have a card game. We will let you know when our doors open again. Little did we know, way back in mid-March, that we would still be practicing social distancing and wearing masks come June!

When you return to SRC for the first time after this long absence, you will be amazed at the change in the exterior of the center, as the City re-sided the building and made it look brand new. Thank you to the City of Virginia Beach for making our “home” look so good.



What if 2020 Isn't Cancelled?

What if 2020 isn't cancelled?

What if 2020 is the year we have been waiting for?

A year so uncomfortable, so painful, so scary, so raw-

that it finally forces us to grow.

A year that screams so loud, finally awakening us

from our ignorant slumber.

A year we finally accept the need for change.

Declare change. Work for change. Become the change.

A year we finally band together, instead of pushing each other further apart.

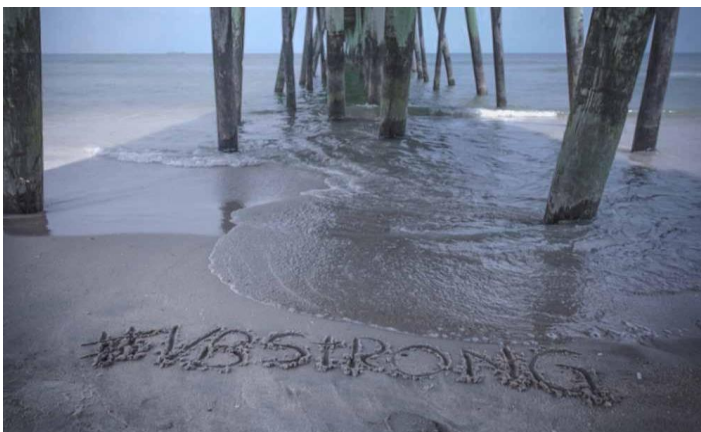
2020 isn't cancelled, but rather the most important year of them all.

by Leslie Dwight

LOVE FOR VB

In honor and memory of the May 31, 2019, Municipal Center massacre, the City of Virginia Beach created a new website,

www.loveforvb.com. They are urging all of our residents to "serve to remember," to volunteer in some way to help our community. Go online to find volunteer opportunities, in addition to consider signing up to be a volunteer at the Senior Resource Center.



Virginia Beach Public Libraries

While VBPL buildings remain closed, you can now return checked out items and pick up your holds at ALL locations except Wahab Public Law Library. The library system is working with guidance from City leadership and other City departments to define necessary procedures in order to reopen. In the meantime, here are some services we are currently offering:

Return Your Check Outs - No Fees

VBPL is now accepting returns of books, audiobooks, CDs and DVDs. Holds pickup service will be offered Monday through Thursday, 10 a.m. to 6 p.m., and Friday and Saturday, 10 a.m. to 5 p.m.

Digital checkouts and programming will continue to be offered. No fines or fees will be charged for items checked out during our building closure.

Enjoy Live & On-Demand Online Programs

Looking for activities for yourself or family members? Visit www.VBgov.com/library-events to find free programs for all ages, including children's story times, virtual gaming, craft demos, teen times, job-seeker resources, book groups, guest speakers and more.

Scams to Avoid

It's sad to see that at difficult times, predators are busy thinking up new scams to try to get money from us. Beware of phone calls or emails about:

1. Government stimulus checks—if you haven't already received your Coronavirus stimulus check, don't get fooled by con artists who are trying to obtain your Social Security number. They pretend they are federal clerks and will

help you get your money. Don't fall for their ploy.

2. Coronavirus tests- con artists may try to obtain your Social Security and medical insurance numbers, claiming that information is necessary so they can authorize virus testing for you.

The easiest way to avoid being scammed is to never give out your Social Security, Medicare, bank or credit card numbers to anyone who calls you or emails you. Institutions do not make phone calls or send emails asking for that information, as they already have your information. Hang up, or better yet, use call waiting to note what calls are junk calls and do not pick up the phone. Once a scammer has obtained your money fraudulently, you most likely will never get it back. Be smart! Keep in mind that seniors are considered easy targets by scammers.

Women and Dementia



According to the Alzheimer's Association, nearly 2/3 of the 5 million Americans diagnosed with dementia are women. And almost that same percentage of caregivers are women. The AARP is working with several agencies to address this crisis and is launching a new effort to directly engage women. Go online to www.stayingsharp.org to take the Be Brain Powerful 30-Day Challenge. Participants of the challenge will receive daily suggestions for themselves and their families.

It May Not Be Easy, But It Pays

by Frederick Lewis Keates

To apologize
 To take advice
 To repress fear
 To shun mistakes
 To be consistent
 To keep on trying
 To avoid sneering
 To belittle no one
 To cultivate poise
 To be broad-minded
 To always play fair
 To curb your egotism
 To not talk too much
 To harbor no prejudice
 To ignore belittlement
 To mind your own business
 To have faith in yourself
 To make the best of little
 To shoulder deserved blame
 To exercise wise tolerance
 To avoid petty animosities
 To not believe all you hear
 To grin when things go wrong
 To never jump to conclusions
 To avoid being a "know-it-all"
 To not weakly lose your temper
 To be polite under difficulties
 To laugh at unjust condemnation
 To keep troubles to yourself
 To give credit where credit is due
 To learn to read character correctly
 To keep yourself in the best of health
 To not call naturally quiet folk "high hat"

The above was written by Nancy Allan's maternal grandfather, whom she never met. He was an insurance agent by day, but a musician, composer and author/poet at night. His short stories were published for pay, and his piano compositions earned royalties for many years. We're not sure when he wrote this, but it was

probably around 1920. 100 years later, his thoughts seem very pertinent.

Frederick Keates was born in England in 1869, migrated to Canada in 1893, and lived most of his married years in Elizabeth, New Jersey, with his wife and 5 children. Nancy wishes she had inherited some of his artistic talent!

Food For Thought

Our brains may be worn out from all the major events of past weeks and months, but we could still benefit from some food for thought during this challenging time:

If we could spread love as quickly as we spread hate and negativity, what an amazing world we would live in.

If everyone were blind, no one would know who to hate.

We have two ears and one mouth, so that we can listen twice as much as we speak.

Let there be peace on earth, and let it begin with me.

A wise old owl sat in an oak.
The more he saw, the less he spoke.
The less he spoke, the more he heard.
Why aren't we like that wise old owl?

Hurricane Preparedness

Being prepared for hurricane season can make a world of difference for a household. Insure your belongings, have your supplies ready and "Know Your Zone" before a storm hits.

Hurricane season officially began on June 1 and we've already had 3 named Atlantic storms this year. In fact, the National Oceanic

Atmospheric Administration is predicting there could be up to 16 named storms this season. Nine could become hurricanes and up to four could be classified as category 3 or higher.

There are a number of things you can do ahead of time that could make a difference for you and your family.

Flood Insurance The most important thing to consider for your home is flood insurance. A common misconception is that homes that are not in a flood zone aren't eligible for such coverage. That's not the case. Any home can have a flood insurance policy.

Insurance is sold through local agents as part of the National Flood Insurance Program, or NFIP. Homeowners can take out separate policies to insure the structure and any contents inside. Homes that are in a designated flood zone are required to have flood insurance, and it's typically a stipulation during the sale of a house. In fact, it's recommended that homes outside of a flood zone also have coverage, especially in coastal communities, like Virginia Beach. Nationally, about 30 percent of flood insurance claims come from homes that aren't in a flood zone.

Premiums vary by a number of factors such as location, age of the dwelling and value of insured contents inside the home. For more information about the NFIP, please visit [FEMA.gov/NFIP](https://www.fema.gov/NFIP).

Know Your Zone

The state introduced "Know Your Zone" last year to simplify evacuation processes when it becomes necessary. There are four zones, lettered A-D, that specify your evacuation zone based on your address and nature of the emergency event. State and local agencies will alert residents by their zones if there is a need to evacuate or shelter in place. While not every

neighborhood is in a zone, that doesn't mean you'll never have to evacuate, so you'll still need to pay attention to official announcements and news.

To find your zone, go to KnowYourZoneVA.org. Once there, follow the on-screen instructions to enter your address and determine where you fall on the map.

Know Your Way Out

Have an evacuation plan, become familiar with it and make sure your family is aware of it as well. The most common routes:

- If you live north of I-264, head north and west along I-64 and across the HRBT and move inland
- If you live south of I-264, head south and west on I-64 towards Suffolk and Highway 460

Continue to head inland and away from the coast to lessen the impact of a storm.

Keep in mind that the Chesapeake Bay Bridge Tunnel will likely be closed if an incoming storm has high winds. Avoid going north on Highway 13 and opt for the other routes.

If you plan to leave, plan on doing so early to avoid traffic and make sure you have reservations in advance. Be sure to check pet policies at motels.

Be sure to let your family members who may live in other areas know your plans and have a system of checking in with them when you get to your destination.

Prepare your house and yard even if you are leaving. Store planters, grills, hoses, and anything that could become airborne or cause damage to property. Make sure your gutters are cleaned out prior to the storm to avoid overflows that could cause interior damage. Direct downspouts away from your home structure.

Sheltering in Place

Have a cache of supplies that will last each member of your household, including any pets or infants, at least three days. Some of the basic supplies are:

- Water – one gallon per person, per day
- Food – Non-perishable or canned goods
- Medications and first-aid supplies to last for 2 weeks
- Portable lights and batteries
- Portable radio
- Personal hygiene supplies for adults (and infants if necessary)
- Toilet paper
- Cash – to purchase one week's worth of supplies for your household
- Make and store extra ice
- Make sure all vehicles are gassed up and that you have additional gas for portable generators. Be sure to test generator to make sure it's in working order.
- Consider putting jewelry and small valuables in your safety deposit box
- Make sure you know where all important documents such as insurance policies, wills etc. are located. Take a copy with you if you leave and leave a copy or the original in your safety deposit box
- Make sure all electronic devices such as cell phone, tablets, computer etc. are fully charged
- Stay informed by watching/listening to updates on evacuation, storm path, and expected time of landfall.
- Keep a home inventory; at least take cell phone pictures of your rooms in case you need to file an insurance claim later.
- Identify safe places in your home in case the storm spawns a tornado.
- Keep a well-stocked first aid kit for minor scrapes or injuries in case emergency services are limited.
- Know where your emergency shutoffs are located. In the event of damage, you may need to shut off electricity, water and/or gas.

For a complete list of items to have on hand, and comprehensive information on disaster preparedness, please visit VBgov.com/readyVB.

For more information about the City's storm water and flood mitigation efforts, check out the [May 11 episode of VB411](#). You can also read this [article explaining the City's 15-year storm water infrastructure improvement plan](#).

SRC Emergency Preparedness Volunteers Needed

We continue to need additional volunteers to become part of our preparedness program. We will be gearing up as we reopen the center. Won't you consider becoming a part of this important effort? We need folks, not just seniors, who will volunteer to help identify their elderly/disabled neighbors and be responsible for keeping in touch with those neighbors when a storm is approaching. Email us at info@vbsrc.com with your name and phone number so we can advise you when we will be having a planning meeting.

Cooling Assistance Program

The Virginia Beach Department of Human Services will be accepting applications from June 15 through August 15 to provide financial assistance for purchase or repair of cooling equipment and/or payment of electric bills to operate cooling equipment. To be eligible, households must contain at least one vulnerable individual who is (1) younger than 6 years, (2) older than 60 years or (3) disabled. In addition, households must be in Virginia Beach and have cooling expense responsibilities. You must provide a copy of your current electric bill and not exceed earned and unearned income limit.

Applications can be completed online, by phone at 855-635-4370, or printed off the Human Services Financial assistance webpage and left outside in the drop box at the main building located at 3432 Virginia Beach Blvd. Applications are now available.

Donations

Johnnie and Rae Williams in memory of Bill Hess


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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City Liaison

Newsletter
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