

SENIOR RESOURCE CENTER, INC.

IN OUR TENTH YEAR

NEWSLETTER —OCTOBER 2017

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

AARP Driver Training

Oct. 3rd & 4th 9a.m. -1 p.m.



Loretta Dicamillo from AARP will be teaching the AARP Safe

Driver Course. Registration will open at 8:30a.m. on Oct. 3. This 2 session class will provide a discount on your car insurance and help to sharpen your driving skills too. Call the Center at 385-2175 to register and come at 8:30 a.m. the first day to sign in and pay. If you are an AARP member, the course fee is \$19.95. For non-members, the cost is \$24.95. You can join AARP for one year for a special rate of \$12, if you're interested.

JOY (Just Older Youth)

Tuesday, Oct. 17 10:00 am

Char Miller from The Butterfly House will be our guest lecturer and will share information about her project of building a safe house locally for young girls who are victims of sex trafficking. The practice of victimizing adolescent girls is a growing national problem so this is a subject about which we need to be educated. Bring a dish to share at the pot luck and come at 9:30 if you'd like your blood pressure checked by a nurse.



New Adult Storytime at SRC with Pungo-Blackwater librarian Peggy Jebavy

Kids have all the fun! Not anymore. This story time is geared for adults. No kids allowed! Listen as library staff or a guest speaker reads tales selected just for you. Sit back, relax and enjoy the story! Registration is not required. This is a new activity at SRC. Try it, you'll like it!

Tues., Oct. 10th 10:30 – 11:30 a.m.

Tues., Oct. 24th 10:30 – 11:30 a.m.

Tues. Oct. 31st 10:30 – 11:30 a.m.

Halloween is here! For today's special adult story time, we'll feature some spooky tales that may leave you up all night. Do you dare listen? Sit back, relax and be prepared to be frightened!



Congressional Aide Assistance Sessions

Thursday, Oct. 19 1:00-3:00 pm

Kathleen Redmond, Rep. Scott Taylor's aide, will meet with you 1:1 to help with problems or concerns you may have with federal programs. No appointment is necessary---just bring your paperwork with you.

History Group

Take note that the history group that usually meets on the 2nd and 4th Wednesday every month will meet only once in Oct., on Wed., Oct. 25. On the 11th, the field trip to Richmond will take place, so there will be no history group meeting that day.

DON'T MISS THIS OPPORTUNITY

We invite you to take full advantage of this wonderful opportunity to become the SRC's Treasurer on January 1, 2018. Accept this offer with its minimal time commitment of approximately 8 hours per month and you will enjoy being a member of the SRC's exalted leadership team. You will not be overwhelmed since the total volume of activity is often less than 15 transactions per month. Most of the work can be done at home (or anywhere for that matter). Primary duties include managing the SRC checking account, periodically collecting contributions and bills at the SRC, paying bills and depositing checks (Towne Bank at the Municipal Center), preparing a one-page monthly treasure's report of income and expenses, mailing letters acknowledging contributions, and attending a monthly Board meeting. Familiarity with Microsoft Excel is desirable but not mandatory and training can be provided. A detailed Statement of Duties will be given to those interested in taking advantage of this offer. Be sure to respond early since this will be a popular offering and you will want to be first on the list of applicants. Don't forget to call Johnnie Williams, our President, at **(757) 721-6378** to let him know you are interested.

Donations

Judith Blouch in memory of Specialist 4th class William Earl Hoskins 101st airborne Div. "Screaming Eagles".

Betty Grace Styron in memory of Elwood Styron

Carolyn B Lovitt & Doris Meiszer in honor of Barbara Henley for her extensive work for the history sessions.

Susan McCoy monetary donation.

Final Farmers Market Hoedown Concerts

The free Friday night concerts at Farmers Market wrap up this season this month, so enjoy the great music before it's gone. Concerts are from 7- 10 p.m., rain or shine. Bring a lawn chair or blanket.

Oct. 6	Dallas Band
Oct. 13	Double Shot
Oct. 20	Back Porch Boogie
Oct. 27	New City Sound



Senior Showcase

Wed., Oct. 25 10:00 am-2:00 pm

Princess Anne Recreation 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 items and enjoy the entertainment. It is free, **but you need to call to pre-register so you can enjoy a free box lunch.** Call 385-4581 or email mayorsoffice@vb.gov to reserve your space.





Senior Resource Center is 10 Years Old !!

We officially celebrated our grand opening on Oct. 20, 2007, after months of planning and organizing. We are so proud that we are marking a decade of operation and we are delighted with the continuing success of our program. We celebrated this milestone with a special party on Sept. 29, but we would like to acknowledge our real anniversary date. We proved that it does "take a village" and we are appreciative of all the people who helped us begin and then grow into a center that offers so much to our local seniors. The list of special events and educational lectures and classes that we have provided, the array of great field trips we have taken (mostly due to Mike Newbill's incredible tour planning talents), the superb pot luck lunches we have shared as well as the number of special awards we have won, is absolutely amazing. Thanks to everyone who has contributed to our ongoing project. Without our terrific volunteers, we would not be here. Here's to our next ten years. We welcome your participation, involvement and input.

SRC in the News

New journalist at the Beacon, Kathy Van Mullekom, wrote a great article about the Senior Resource Center. She met with a

few of us on Aug. 21 and her lengthy article appeared in the Thursday, Aug. 31st edition of the Bayside Beacon, on page B2. She included several photos and talked to several members who were attending the solar eclipse party, so she got a good feel for what SRC is all about. We hope her article will attract new attendees and volunteers and we truly appreciate her interest in us. If you haven't seen the article, there's a copy on the bulletin Board at the Center.



More Media Coverage

We also were featured in the August 25, 2017 edition of the Princess Anne Independent News, page 16. John-Henry Doucette, editor and publisher of the News, has been an ongoing supporter of SRC and we appreciate the many visits he has made to the Center. His article and photos were from his visit to our eclipse party.

Creeds Elementary School Senior Reading Buddies

Volunteers are needed for this school year to serve as weekly reading role models with CES students. Reading

buddies are asked to serve at least one day a week for an hour to work with individuals or groups. You can choose the option and



Reading Buddies

time that suits you best. The SRC who have served as reading buddies in the past tell us how rewarding it has been for them to mentor the kids at CES. Training was held on Sept. 27th but you can still contact Anne Horsley at anne.horseley@vbschools.com or call the school at 648-2400 to see if you can help.



Another Scam Targeting Seniors

We mentioned in a previous article that we will all be issued new Medicare cards sometime in 2018, with new identification numbers replacing our Social Security numbers that currently are included in our card. Already scammers are calling seniors, trying to verify Social Security numbers and fool folks into thinking it is the Medicare/Social Security Administration calling. Some are also asking for payment to obtain a new card---but the card will be provided for free. Medicare will never call to verify your number since they already have it, so do not give your Social Security number to anyone over the phone. If you get a call like this, hang up immediately. Keep in mind that the Internal Revenue Service does not make phone calls to taxpayers regarding delinquent taxes, so don't fall for that scam either. We need to stay sharp so no one takes advantage of us and steals our identity.

Golden Rules for Living

If you open it, close it.,
 If you turn it on, turn it off.
 If you unlock it, lock it up.
 If you break it, admit it.
 If you can't fix it, call in someone who can.
 If you borrow it, return it.
 If you value it, take care of it.
 If you make a mess clean it up.
 If you move it, put it back.
 If it belongs to someone else and you want to use it, get permission.
 If you don't know how to operate it, leave it alone.
 If it's none of your business, don't ask questions.
 If it ain't broke, don't fix it.
 If it will brighten someone's day, say it.
 If it will tarnish someone's reputation, keep it to yourself.

Although the author of this is unknown, it's good advice for all of us, no matter our age.

Being Busy

By Sarah Jane (AgingCare.com)

I've been busy. Flat-out busy. And without any free time on the weekends, it has been hard keeping up with Mum. We still had our Saturday visits, and I tried to reframe them as a "break." A change is supposed to be as good as a rest, but it didn't really work.

Each Saturday things started out okay, but after a couple of hours I would get antsy and start worrying about all the other things I was not doing. By the 5 PM dinner deadline, when I take Mum back to the rest home, I was exhausted just from keeping up the charade.

I swear Mum could tell. Her empathy radar is highly sensitive. The problem wasn't that I didn't want to visit—I just didn't have the time

In rest homes, despite everyone's best efforts, time hangs heavy. Weekends can be deadly, especially if you don't have someone to take you out. The enthusiastic recreation officer is away and the chatty receptionist is off duty. Each Saturday as Mum and I breeze out across the main lounge and through the door, the envy from the stay-home residents is palpable. Mum feels bad for them too.

The other problem is that lately, Mum's been fretting about taking up my time. Not wanting to be any trouble had become a constant concern for her, even before my life got full-on busy.

Work-life balance is an interesting concept. As far as Mum's concerned, work should happen between the hours of 8 AM and 5 PM, Monday through Friday. The work day should also be broken up by tea breaks, morning and afternoon, plus a good hour for lunch. (Unless you're a farmer, which I'm not.)

So, she tells me I shouldn't work weekends, that I should stick to my hours and reminds me how the Labor Party fought for the 40-hour week.

For me, the problem is not trying to balance work with the rest of my life. Instead, it's about finding ways to do a good enough job at all the things that matter. It is about Mum and me both feeling OK.

When I'm stuck about what to do with Mum, I try to imagine what her advice would have

been before Alzheimer's disease stuffed things up. "For heaven's sake," she would have said, "get someone else to take your mother out!"

So, a couple of weeks back, I delegated my Saturday visit to Mr. Sixteen. He happily escorted his grandmother to their favorite cafe for afternoon tea. By all accounts they had an excellent time, and Mum has no recollection that I wasn't there.

Why I didn't arrange that three weeks in a row, I can't imagine.

SRC Mission

The Senior Resource Center, Inc. is a 501 (c) (3) volunteer organization designed to help older, rural residents remain safely in their homes by providing in-home and community services; to furnish a gathering place for local seniors for socialization and education. It is a collaborative effort with the City of Virginia Beach.

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 on line at www.vbsrc.com and help save printing and postage.

15	16	17	18	19	20	21
	1:00 Dominoes & Cards 6:00 to 9:30 PM CERT Training	9:30 Blood Pressure Testing 10:00 JOY, The Butterfly House - Girls abused in Sex Trafficking. Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards		9:30 Exercise (PR Rita J.) Line Dancers 12:30 - 1:15 pm Beginners 1:30 - 3:30pm Reg. & Intermediates (Pr. Rita T) 1:00 - 3:00 pm Kathleen Redmond-Rep. Scott Taylor's Caseworker	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Houston S.)	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
22	23	24	25	26	27	28
	1:00 Dominoes & Cards 6:00 to 9:30 PM CERT Training	10:30 to 11:30 Story Time (Peggy J.) 1:00 Bingo/ Cards	10:00 AM - 2:00 PM Senior Showcase (Princess Anne Recreation Ctr.) 1:00 History	9:30 Exercise (PR Rita J.) Line Dancers 12:30 - 1:15 pm Beginners 1:30 - 3:30pm Reg. & Intermediates (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Houston S.)	9:00 to 2:00 pm Creeds Ruritan Community Year 1057 Via 234. CANCELED
29	30	31	Notes: AARP Instructor - Loretta Dicamillo 757-483-7790			
	1:00 Dominoes & Cards 6:00 to 9:30 PM CERT Training	1:00 Bingo/ Cards 10:30 - 11:30 Halloween - Scary Stories (PR Peggy J.) 	10th Anniversary of the SRC Celebration			