

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – MARCH 2024

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

Self Defense Senior Safety Lecture and Demonstration

Monday, March 4 10:00 am-12 noon

The Virginia Beach Sheriff's Office will be offering a presentation and demonstration of basic situational awareness and safety training, which has been designed specifically to address the vulnerabilities that may accompany older adulthood. Learn how to be more mindful of your surroundings and how to protect yourself. Attendees will not be physically participating in any self-defense demonstrations, so you won't have to worry about being flipped to the floor! For adults 18+. Registration is not required. As always, we will enjoy a pot luck lunch after the presentation, so please bring a dish to share. Try to remember to also bring a non-perishable food item to donate to the Charity Unity Methodist's Food Pantry, which serves our entire rural area.

Irish Dance Performance

Sunday, March 10 1:30 pm
Creeds Elementary Cafetorium and Social at SRC Afterward

The Rhodes Academy of Irish Dance will again perform for us, with dancers of varied ages. Among these talented dancers is Ena Dawson, the very energetic and enthusiastic teen who produces our annual Holiday Luncheon. So don't miss your chance to see this spirited group and to support Ena. The performance is free, but we invite you to make a donation to the dance troupe.

After the show, come on over to the Senior Resource next door for a St. Patrick's social, and bring a dessert to share.

Musical Entertainment

Wednesday, March 20 2:00 pm

Tim Oksman and Scott Johnson will visit the SRC for the first time to sing and play for us. Tim provides guitar and vocals and Scott, the harmonica and vocals. Tim is Legal Counsel to the Virginia Beach Sheriff's Office and Scott is a retired banker. They describe their style as "Americana," covering a multitude of different musical traditions. Our past musical entertainment has been very enjoyable, and this concert will provide a welcome respite from all the stress you may feel. Bring a treat to share if you'd like.

Women in History Read and Share

Saturday, March 23 10:00 am-12 noon
Senior Resource Center

Celebrate Women's History Month at a special Read and Share meeting where we will be discussing books of notable women in history. Whether it is a book you read in the past or are currently reading, come share stories of the women who made headlines and made history. Adults 18+. Registration is recommended by calling the library at 757-385-0150.



Creeds Ruritan Club Spring Craft Fair and BBQ

Saturday, March 16 11:00 am-5:00 pm

The complete meal is \$12 and tickets can be bought on-line at www.creedsruritann.com, at the NAPA Auto, Back Bay Auto, from Ruritan members or at the door. No cost to attend the craft fair.

Medicare Advantage Plans

If you have switched from traditional Medicare to an Advantage Plan, listen up. Medicare Care Advantage plans are facing huge losses due to higher-than-anticipated spending, and that may result in higher costs to enrollees, or services being reduced. You may not know that there is a special open enrollment period for Medicare Advantage patients—until March 31st you can switch back to regular Medicare and purchase a Medicare supplement. You can call Senior Services Benefits Counseling as soon as possible at 757-222-4512. Eileen Churchill, from Senior Services, will be at the SRC for her monthly counseling appointments on March 27, but you may not want to wait that long to get help.

AARP Tax Aide

Once again AARP volunteers offer free help preparing your income tax return at the Virginia Beach Public Library, at 4100 Virginia Beach Blvd., VB 23452. This help is offered to those with low to moderate income, no rental income and if you own a business that has no inventory or employees. They are available Monday-Friday from 10 a.m.- 4 p.m. and on Saturday from 10:30 – 4. You must make an appointment; no walk-ins allowed. Call for an appointment, through April 15, at 757-431-

3060. You will need to bring Social Security cards for all those on your return; picture I.D., completed intake book; 2023 tax paperwork; if available, 2021 and 2022 tax returns.

AARP Safe Driver Class in April

We want to remind you that AARP will provide a 2-day class that will teach proven driving techniques and refresh your knowledge of road rules. The 2-session course will be held on April 17 and 18, from 9 a.m. – 1 p.m. Fees can be paid the day of the first class, \$20 for AARP members and \$25 for non-members. We can have as many as 30 students, so call the SRC at 757-385-2175 to sign up, or go online at info@vbsrc.com.

Free Blood Pressure Checks

Volunteers from the local Medicare Reserve Corps will be at the SRC twice a month to take your blood pressure. They will be available on the first and third Tuesdays every month, from 10 a.m. – 11 a.m. You can also bring your blood pressure monitor that you use at home to check its accuracy. The time of their visits should make it easy for exercisers and Euchre players to take advantage of this opportunity, but anyone can pop by and be checked as well.

Save the Dates

Mon., April 8 11 a.m. Lecture and Pot Luck
“Death for Beginners- learn what you can do now to make your end of life better

Mon., April 29 11:30 a.m. Volunteer Appreciation Luncheon for volunteers only.

Handy Toll-Free Numbers

Here are a few contacts you should keep handy:

Medicare Fraud and Abuse 1-800-633-4227.

Get in the habit of checking your Medicare Explanations of Benefit Statements (EOB) to make sure you haven't been charged for services, treatments or medical equipment that are not legitimate. There are bogus companies charging for things that did not happen or were not ordered/received.

Alzheimer's Association Help Line 1-800-

272-3900 If you are a caregiver for someone with any type of dementia, you can speak to a live person 24/7 to obtain information and referrals, as well as just to vent. Caregiving is an extremely stressful job, and it helps to know someone is there who can ease that stress.

Social Security Administration-1-800-772-

1213 Mon.-Fri. from 8 a.m. – 7 p.m. Call for information or to make an appointment to be seen at your local SSA office.

More Apologies

This editor still has egg on her face from omitting other helpers in previous newsletters. That kind of listing will not be attempted in the future as it seems impossible to include everyone who needs to be acknowledged. So, all of our volunteers will need to practice patting themselves on the back for their efforts.

Thanks to **Jo-Ann** and **Ken Roffler** for hosting monthly Game Afternoons; to **Don and Rita Trammell** for hosting monthly Game Nights; to **Angie Vilches** from Pungo-Blackwater Library for leading the monthly Read and Share Group and **Kathryn Thoenke** for attending every Board and Activity Meeting; to **Robin Wheeler** and now **Arlis Burney** for leading the Mahjong

group; to **Judy Turner** and **Gaby Morrison** for all their creativity and decorating; to **Sue Myers** and **Wilson Craddock** for keeping our marquee out front up-to-date; to **Martha Giovanelli** and **Don Trammell** for weekly trash detail; to **Jan Donovan** for leading the writing group weekly. I'm sure I still have left someone else out, and I am sorry.

In the same vein, I would like to thank everyone who contributed to and helped with the First Responders Luncheon on February 5th. I was trying to keep a list, so I could do individual thank you's, but food was coming in so fast that I couldn't keep up! Everyone enjoyed the cards made by the Creeds Elementary students and the "treat bags" assembled by **Judy Turner** and her helpers. So, thanks to all who participated. Your help was greatly appreciated.
Anne Bright a.k.a. the Kitchen Witch

10 Tips for Communicating with People with Hearing Loss

At January's lecture by Beltone Hearing, we learned how vital good hearing is in our everyday lives. Here are some things you can do when you are talking to someone who has less than perfect hearing:

- Get their attention before speaking.
- Make eye contact.
- Speak clearly- don't shout.
- Keep your hands away from your face.
- Rephrase, don't just repeat.
- Avoid excess background noise.
- Talk into their "good ear." Watch your listener.
- Be understanding and patient.

Signs of Hearing Loss- do any of these signs sound familiar?

- People seem to mumble more frequently.
- You have ringing in your ears.
- You often ask people to repeat themselves.
- Your family complains you play the tv or radio too loud.
- You no longer can hear a faucet dripping or the doorbell ringing.
- You have difficulty understanding conversations when in a group.
- You have trouble understanding parts of conversations.
- You find phone conversations are more difficult.
- You have trouble hearing when the speaker isn't facing you.
- You have been told you speak too loudly.

If you experience even some of the above symptoms, it's time to have your hearing tested.

Mental Health Counseling for Military and Dependents

Did you know there is a counseling center that aims to improve lives and outcomes through prevention, intervention and support services? The Steven A. Cohen Military Family Clinic at the UpCenter is located at 828 Healthy Way, #105, VB 23462. That's near the intersection of Princess Anne Rd. and So. Plaza/Providence Rd. If you or a loved one is part of a military family and are facing difficult personal problems, call this center at 757-965-8686. If you are not eligible for their services, they will refer you to other area resources.

An example of what they provide is counseling for a caregiver of a retired veteran who has dementia. The wife/caregiver is experiencing a great deal of stress as his primary caregiver. Her counseling through this center has

provided much needed help to her. Don't suffer silently as a veteran or as a military dependent, but call them and see if they can help.

Seeking New Activities

You may have noticed that our Monday calendar is nearly blank, except for the monthly meeting of Crafters for Charity. We would love to add new activities and hope you may have some ideas. Anyone interested in playing cornhole? Bridge? Scrabble? Dominoes? Cribbage? Rummicube? Any yoga or Tai Chi instructors who would be willing to teach for free? Our wonderful former Tai Chi teacher, Gary Donovan, and yoga teacher, Linda Tingle, are unable to continue teaching. We would love to resume those very popular classes. Anyone interested in starting a current news discussion group, a genealogy club, etc.???? Hopefully, come spring we can restart a walking group and will get more of you interested in gardening as well, with our new butterfly garden. Call the center at 757-385-2175 or email us at info@vbsrc.com with your suggestions.

It has been suggested that we try to interest some Creeds Elementary students and their families in attending some kind of intergenerational game activities at SRC, perhaps on a Saturday. Let us know what you think of that.

Project Lifesaver

Do you provide care for someone with memory problems or autism who is a potential wanderer? Don't assume because that person has never wandered before that he never will. If the person is able to walk, he is capable of wandering. The City of Virginia Beach Police Department has an excellent program that will help a wanderer be located quickly. Project

Lifesaver uses special tracking equipment to help locate a missing person who is wearing a special bracelet that emits a signal. There is no cost to enroll in this program. Call Master Police Officer Cheryl Stoudt at 757-266-3055 or email her at csstoudt@vbgov.com. We have all seen the news about individuals who are lost, and it is an extremely stressful and potentially dangerous situation for the missing person as well as their family. By enrolling in Project Lifesaver, those frightening episodes can be handled quickly and safely.

Food for Thought-

Do your best to remember that smiles are acts of kindness.
When we share a smile with others, we lift up their spirit,
And their smile can now be the ripple that lifts up the spirit of another.
May we all be the light that shines.

Remember that most of your stress comes from the way you respond, not the way life is. Adjust your attitude. Change how you see things. Look for the good in all situations. Take the lesson and find new opportunities to grow. Let all the extra stress, worrying and overthinking go.

A lie doesn't become truth,
Wrong doesn't become right,
And evil doesn't become good
Just because it's accepted by the majority. By *Booker T. Washington*

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can. By *John Welsey*



Free Legal Clinic

This is a reminder that the William and Mary Law School provides the Elder and Disability Law Clinic to elderly and disabled individuals by providing legal services, support and advocacy. The service is provided by second and third year law students and serves low-income people 60 and up or disabled. They can help with wills, Powers of Attorney, Medical Directives, Guardianship and more. Call 757-221-7446 for more information and to see if you qualify for help.

Donations


Rita Joyner in honor of Ena Dawson and her family
Teresa Honeycutt to be used as needed and a thank you
Jim and Anne Bright in memory of Jean Lewis W. Kenneth and Nancy Wilson in honor of Barbara Henley
Louis and June Klag in memory of Mary Alice Gilbert and Carolyn Bundy Davis
Beth Swanner 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

President Johnnie Williams 757 470-7186	Hours of Operation Monday – Friday, 9:00 AM – 4:00 PM
Vice President Sharon Prescott 757 630-2660	During inclement weather, The SRC operates on the local school schedule.
Treasurer Pat Jenkins 757 618-5304	
	Councilwoman Barbara Henley 757 426-7501
	Newsletter Nancy Allan 757 422-1292 Anne Bright 757 426-7832

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.

March 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
3	4	5	6	7	8	9
	10:00 - 12:00 Self-Defense Class by VB Sheriff's Office. (PR Kathryn T.)	9:30 Exercise (PR R. Joyner) 10:00 - 11:00 Blood pressure testing 10:45 - 12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	10:30 - 12:00 Read and Share (PR Angie V.)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ----- 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	
Day Light Savings Starts 10		11	12	13	14	15
St. Patrick's Day Celebration 1:30 PM - 4:30 PM Rhodes Academy of Irish Dance At Creeds Elementary School Refreshments @ SRC 	2:30 Bonkers for Bunko at the Pungo Blackwater Library (PR Angie V.)	9:30 Exercise (PR R. Joyner) 10:45 - 12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley)	NO LINE DANCING ----- 12:30 - 4:00 Mah Jong (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	Creeds Ruritan Club Annual Craft Fair & BBQ 11:00 - 5:00 912 Princess Anne RD ----- 6:00 to 9:00 PM Game Night (PR Rita T.) 
17	Schools Closed 18	19	20	First Day of Spring 21	22	23
St. Patrick's Day	10:00 Crafters for Charity (PR Gabby M.)	9:30 Exercise (PR R. Joyner) 10:00 - 11:00 Blood pressure testing 10:45 - 12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	2:00 Tim Oakman and Fellow Musicians Sings the American Song Book (PR Sharon P.)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ----- 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	10:00 - 12:00 Woman's History Read & Share at the SRC. No registration required
24	25	26	27	28	29	30
		9:30 Exercise (PR R. Joyner) 10:45 - 12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley) 1:00 - 4:00 Questions on Medicare-Medicare 1:1 Benefits Counseling (PR Eileen Churchill)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ----- 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR) 2:30 Bonkers for Bunko at the Pungo Blackwater Library (PR Angie V.)	
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Easter 						

Notes: March 10th Daylight Savings time begins - Move clocks ahead One Hour.