

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – OCTOBER 2023

IN OUR SIXTEENTH YEAR

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

## Sweet 16-Senior Resource Center 16<sup>th</sup> Anniversary Celebration

Sunday, Oct. 15 2:00 pm



Join us for cake and ice to honor the SRC turning 16!!! It doesn't seem possible that the SRC has been in operation for 16 years! When we initially opened, we did not have a clear vision of what we were supposed to be or do, and

all these years later, we are still a work in action. We are always looking for new ideas, new activities, new volunteers and new energy. This celebration is not a potluck, so just join us and have fun. We should be proud that we are still up and running.

## Medicare Open Enrollment Period 2023

October 15-December 7

This is your once-a-year opportunity to review and make changes to your current Medicare coverage. You can join, drop or switch to a different Medicare Advantage Plan, switch from original Medicare to a Medicare Advantage plan, join a Medicare drug plan (Part D) if you're in original Medicare, or switch to a different drug plan. Rates change yearly, so it pays to compare plans and prices. You should already have received correspondence from your current insurance providers so you'll know what your 2024 rates will be. Check out the article in this newsletter regarding free counseling available to you at SRC.

## Staying Safe from Scams

### Pungo Blackwater Library

Wednesday, Oct. 18 10:30 am

How do you protect yourself when online and telephone scammers are lurking behind every corner and firewall? Join us for a discussion on current scamming techniques and ways to keep yourself safe in this ever-changing digital age. **Eddy Jeon**, Instructional Technology Specialist with the city of Virginia Beach, will present this informative and timely program. Registration is not required.

# Medicare

## Free Benefits Counseling from Senior Services

Wednesday, Oct. 25 10:00 am-2:30 pm

**Eileen Churchill**, Benefits Counselor from our Area Agency on Aging, Senior Services of Southeastern Virginia, has kindly offered to provide longer hours for one-on-one sessions regarding your medical insurance during Medicare Open Enrollment Period. Sign up for an appointment by dropping by the center or calling SRC at 757 385-2175. She will have 1:1 sessions at 10am, 11 a.m., 12 noon., 1:30 p.m. and 2:30p.m. Be sure to provide us with your name and phone number when you sign up so we can confirm your appointment. Sign up early, as these appointments will be in demand. Our members who have utilized this free assistance and guidance previously have found it very helpful and were able to save money.

## Emergency Preparations

In September's newsletter, we provided some helpful online links for you to gather information on how to be prepared for storms, etc. Here's a list of the steps you need to take to be prepared:

- Stay informed- Stay up-to-date about weather conditions and forecasts by regularly monitoring reliable sources, such as the National Hurricane Center. Know your hurricane evacuation route by checking out [www.virginiabeach.gov/readyvb](http://www.virginiabeach.gov/readyvb) or [www.knowyourzone.org](http://www.knowyourzone.org)
- Create an emergency kit- You should assemble an emergency kit of supplies for you and your family for at least 72 hours, including non-perishable food, bottled water, flashlights, batteries, first aid kit, battery operated or hand-crank radio, extra medications, personal hygiene items, cash, important documents and extra clothes. You will find checklists for this at the SRC.
- Make a family communications plan- Plan on how your family members will stay in touch and contact one another in case of an emergency, before, during and after an incident. Agree on a designated meeting place and alternative methods of communicating.
- Review your insurance information-make sure you have adequate coverage Many homeowners' policies do not cover flood damage, so consider purchasing flood insurance well ahead of a storm. Document your property in advance, including photographs, to file a claim. Remember the value of your property may appreciate from year to year, so make sure your coverage reflects any increase.
- Understand and sign up for alerts and warnings-Make sure you've signed up for

VBAAlert at [www.vbgov.com/vbalert](http://www.vbgov.com/vbalert), the City's free emergency alert and notification system. You will receive official, current alerts via text, email and phone to keep you up-to-date about approaching storms and other emergencies.

Planning ahead is the key- it's of no use to wait till a storm is about to hit for you to make preparations to stay safe.

## Helpful Resource for Seniors

from Terry Savage, *The Savage Truth*, 9/3/23  
An all-in-one guide, just published by the National Council on Aging, titled "Resources and Support for Older Adults Living Alone: A Comprehensive Guide" is filled with information for seniors, their adult children, and caregivers. Find the complete guide online at: [www.ncoa.org/adviser/medical-alert-systems/support-for-older-adults-living-alone/](http://www.ncoa.org/adviser/medical-alert-systems/support-for-older-adults-living-alone/) Or just go to [www.ncoa.org](http://www.ncoa.org) and search for the guide.

There are many programs for seniors that can reduce living costs, boost safety, and keep seniors from the growing threat of loneliness and isolation. Some of these programs are:

- **BenefitsCheckUp**- This is a simple, online search service that can be used anonymously to find out if you are eligible for any government benefits. These include Supplemental Nutrition Assistance (SNAP- used to be Food Stamps), Medicare Savings Programs, Medicaid and Medicare Part D Low Income Subsidy. and more. You can also access this information by signing up for a free counseling session with the Benefits Counselor who comes to SRC monthly. These in-person counseling sessions are very helpful for those of you who do not go online.

- **Area Agency on Aging** Every locality in the US has one of these in their area. These are non-profit agencies. Our AAA is Senior Services of Southeastern Virginia. They provide information and access about housing, homemaker services, meals on wheels, companion care, transportation and more. You can call them at 757-461-9481.
- **Eldercare Locator**- You can use this resource to find out the name and contact information for services for seniors in a particular zip code. It is very useful if you are a long-distance caregiver or relative and need to find help for your loved one in another state. Find this service at [www.eldercareeldercare.acl.gov](http://www.eldercareeldercare.acl.gov) or call them at 1-800-677-1116. This program is offered as a public service from the U.S. Administration on Aging.

---

## Gero Community Stabilization Team

Western Tidewater Community Service Board Region Five, based in Suffolk, provides very helpful, free services to those caring for individuals with dementia. The purpose of this team is to help those with dementia who are having severe behavior problems. This team also assists families, caregivers and facilities in dealing with problematic behaviors and can provide free training to family members and facility staff. They can provide evaluations, develop care plans, offer behavior management through supportive interventions, consult with a treatment team, and refer to other services and resources. They can work with the individual's doctors and help with medication evaluation. They come to wherever the acting out individual resides, whether that be at home or in a facility or day program. The client must be at least 65 years of age and be diagnosed with a qualifying mental disorder, like dementia, with behaviors

that are putting the client or others at risk. Call the Gero Team at 757-979-0021 for information and intake. This is a vital resource since commitments no longer take place based on dementia related behaviors.

---

## Tentative November Art Activity

Do you enjoy creating an art piece? Love beachy decorations? We'd like to find out if enough of you would be interested in paying to attend a Mermaid Factory session at SRC in November. This unique shop provides the items (mermaid, dolphin, starfish, seashell, etc.) and base, that you paint and decorate. The smaller size item is around \$10, the larger size around \$22. If we have a large enough group, they will provide all the doo dads for decoration for free. You'll find their brochure and an interest list on the big bulletin board on your left as you enter the center. You can also go online at [www.mermaidfactory.com](http://www.mermaidfactory.com) This is a really fun activity, and we hope you'll be interested. Choice of item and payment will need to be made in advance, if we can confirm a session.

---

## Pungo-Blackwater Library Reopened on Fridays!

Yahoo! The City of Virginia Beach reopened the library next door to SRC on Fridays in the end of August. Friday hours are from 9 a.m.-5 p.m. It is also open Mon.-Thurs. from 9 a.m.-6 p.m. We have been very fortunate to partner with this library branch and to have such great support from their staff. Angie Vilches and Kathryn Thoemke have provided a great variety of programming for us and we truly appreciate all that they do for us.

## Save the Dates

As no one has stepped up to the plate to volunteer to host a Thanksgiving Day pot luck get-together, instead we will have a turkey pot luck lunch on **Mon., Nov. 20 at 11:30 a.m.** Roast turkey will be provided, but we ask you to provide side dishes and pies. Look for more details in the November newsletter.

The Dawson Family has generously offered to provide another wonderful Christmas luncheon party on **Sat., Dec. 16th from 11a.m. – 2 p.m.** Be sure to attend, enjoy the food and Christmas carol singalong.

## Farmers Market Hoedowns

This is the final month of this year's hoedown concerts, so be sure to attend and enjoy the free music outdoors. Rain or shine, every Friday night from 7-10 p.m. Bring your own cowboy boots if you'd like.

Oct. 6	Dallas Band
Oct. 13	The Country Rockers
Oct. 20	Timeline
Oct. 27	Raw BeeT's

## Connect With A Wish

This local non-profit that assists foster kids in our area has ongoing needs. Items always welcome are: baby diapers and diaper cream, baby and teen body wash, shampoo/conditioner/deodorant for teens, baby lotion and wipes, cake mix and icing tubs, large birthday bags, underwear for all sizes, boy and girl, new and gently used clothing from newborn size to 5x. Look for the donation bin on your left as you enter our center. They are so appreciative of all that we have given so far.

## Gift Card Fraud

Did someone call you and ask you to buy a gift card and then asked you for the numbers for the gift card? That's a scam. Your money was gone the moment you gave them those numbers. Gift card scams start with phone calls, text messages, emails or social media messages. The scammer pretends to be someone they're not: a company, the government, a family member, or romantic interest. Their message is always urgent, and they want money. They'll tell you to buy a gift card or two, and then tell you to send a photo of the card or read off the card numbers. Some gift card companies are trying to help you get your money back. So, if you fall for this popular scam, immediately.

- Report it to the gift card company: Provide them with the gift card numbers.
- Ask for your money back- if the money was frozen or not downloaded by the scammer, some companies will give the money back to you.
- Report it to the FTC at [www.reportfraud.ftc.gov](http://www.reportfraud.ftc.gov)

To keep abreast of all the latest scams, subscribe to the Federal Trade Commission's online Consumer Alerts at [www.ftc.gov](http://www.ftc.gov). Above Article by FTC Consumer Education Specialist Cristina Miranda, August 21, 2023





## Here We Go Again- We Need Volunteers!

Some things never seem to change. We continue to struggle to keep the doors open at the SRC on weekdays. Most mornings (but not all) there is a “duty” volunteer there, but too often there is no afternoon volunteer. So, if a visitor stops by for the first time or calls, they may find the door locked, the center dark, or the answering machine running on the phone. How sad! While many of our members greatly enjoy coming to activities and lectures and gladly provide a dish at our frequent potlucks, too few of us are willing to give just 3 ½ hours once a month to act as a desk duty volunteer. It’s not asking for much, and we are very tired of asking. Won’t you pitch in and help us stay open? Please call us at 757-385-2175 or email us at [info@src.com](mailto:info@src.com) and fill out a volunteer application.



## Donations

We are so appreciative of all the generous donations we received in the past month. We depend on your support to be able to continue to keep the SRC alive and well, so thank you very much.

**Sarah and Daniel Burke** for water and kitchen supplies

**Don and Rita Trammel** in memory of E. Swan

**Julia Coppedge** to be used as needed.

**Doris Meiszer** in memory of Donna Vaughan

**Barbara Vaughan** in memory of Terry Jenkins and Donna Vaughan

**June Klag** in memory of Ray Harris

### 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 470-7186

#### Vice President

Sharon Prescott 630-2660

#### Treasurer

Pat Jenkins 618-5304

#### Hours of Operation

Monday – Friday, 9:00 AM – 4:00 PM

During inclement weather, The SRC operates on the local school schedule.

#### 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](http://www.vbsrc.com) and help save printing and postage costs.

# October 2023



October 21st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		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.)	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 Dances 2:00 - 3:30 pm Regulars	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.)
8	<b>Columbus Day</b> 9	10	11	12	13	14
	<b>Schools and SRC will be closed</b>	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)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dances 2:00 - 3:30 pm Regulars	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	
15	16	17	18	19	20	<b>Sweetest Day</b> 21
2:00 PM -Happy Birthday SRC- Come Celebrate and have Cake & Ice Cream 	10:00 Crafters for Charity (PR Gabby M.)	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.)	10:30 Cybersecurity/ Scams at the Library geared program for adults/seniors (PR Angie V.)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dances 2:00 - 3:30 pm Regulars	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) ----- 6:00 to 9:00 PM Game Nigh (PR Rita T.)
22	23	24	25	26	27	28
		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.)	10:00 History (PR B. Henley) ----- 10:00 - 3:00 Questions on Medicare-Medicaid 1:1 Benefits Counseling By appointment only (PR Eileen Churchill)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dances 2:00 - 3:30 pm Regulars	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	
29	30	<b>Halloween</b> 31				
		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.) 				

**Notes: Google Sweetest Day:**