

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – SEPTEMBER 2023

IN OUR FIFTEENTH YEAR

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

## Estate Sale Lecture and Pot Luck Lunch

Wednesday, Sept. 20 11:00 am



“What you always wanted to know about Estate Sales, but didn’t know who to

ask.” Dawn Leonard will answer our questions about estate sales and share her experiences and insight with us. Be sure to have your questions ready. Garage Sale versus Estate Sale and why. Do you wonder how to value your collectibles? How do you prepare to downsize and part with a life time of memories and stuff? Join us for an informative and fun time. Pot luck lunch to follow. so please bring a dish to share and a non-perishable food item for the Food Pantry.

## Emergency Preparedness and Hurricane Readiness



The hurricane season runs from June 1 – November 30. The National Oceanic and Atmospheric Administration recently updated their outlook for the 2023 Atlantic hurricane season. They are now predicting an above normal season, with 14-21 named storms. A storm has winds of 39 or more miles an hour. 6-11 of these storms could become hurricanes. Of those, between 2 and 5 could become major hurricanes with winds of 111 m.p.h. or greater.

So, it is more important than ever for all of us to take time to prepare for the worst. You will find

an array of printed material regarding preparedness at the SRC on the table by our copier. There is a helpful list of the items you should gather ahead of time, and copies of the Virginia Hurricane Preparedness Guide. You should also go online to “find your zone,” so you’ll know whether you should prepare to evacuate or shelter at home, in advance of an impending storm. Online go to: [www.knowyourzone.org](http://www.knowyourzone.org). When you enter your street address, it will tell you what zone you reside in.

Go to:

[www.virginiabeach.gov/emergencysshelters](http://www.virginiabeach.gov/emergencysshelters) to find information about local shelters, pet shelters and medical friendly shelters. By entering your address, you will find the emergency shelters nearest you.

SRC will reinstate our Emergency Preparedness Plan, and we need volunteers who will become “buddies” to our local seniors, pairing up with someone who may live alone. If you are willing to become part of this project, call us at 757-385-2175 or email us at [info@vbsrc.com](mailto:info@vbsrc.com) and be on the lookout for an announcement of the date of our first meeting in the near future.

## Neil Diamond Tribute Concert with Vocalist Joe Cerutti

Monday, Sept. 25 1:00 pm

If you missed Joe’s wonderful performance in March, be sure to catch this one. Joe will charm you with his voice and his personality, and you are welcome to sing and dance along. If you’d like some munchies after the concert, please bring a dessert to share. While the concert is free, we will accept donations for Joe.

## School in Session Reminder

Please keep in mind that Virginia Beach schools began their new school year on August 28. Creeds Elementary's school day starts at 8:45 a.m. and ends at 3:15 p.m. Keep those times in mind when you are planning to attend an activity at SRC as our parking lots gets very busy with cars of parents picking up their kids and it can be difficult for you to pull in or leave.

## Farmers Market Hoedowns

### Friday nights from 7:00-10:00 pm

This is the second to last month of these terrific, free outdoor concerts at Virginia Beach Farmers Market. They are held rain or shine, and it's best to bring a chair or blanket.

Sept. 1	Timeline
Sept. 8	Dallas Band
Sept. 15	The Country Rockers
Sept. 22	Raw Bee T's
Sept. 29	The Country Rockers

## Looking for Nursing Home Information?

Whether you're planning ahead or need to make a sudden, unexpected decision, there's a lot to think about when choosing the right nursing home for you or your loved one.

[Medicare.gov](https://www.medicare.gov) makes it easy to find and compare nursing homes in your area. Personalize your results by filtering for what matters most to you — like inspection results, location, quality ratings, and more.

When comparing nursing homes:

1. **Check out their overall star ratings.** The overall rating is based on a nursing home's performance in 3 areas: health inspections, staffing, and quality of resident care.

2. **View detailed staffing data**, including staffing levels and turnover rates
3. **Find nursing home contact information** and directions.

Keep in mind that if you or your loved one are in the hospital, waiting for discharge to a rehab stay at a nursing facility, you will not necessarily have a choice of which facility you want to enter. Unless there is a current vacancy at your preferred choice, you may have to be admitted to a different one.

You can also visit [Medicare.gov](https://www.Medicare.gov) for more information about nursing homes and what Medicare does and does not cover. It pays to learn about nursing home and assisted living facilities costs, and that Medicare does not pay for long-term care.

## TIA Is a Warning Sign of Stroke and Vascular Dementia



If your older adult suddenly feels odd or acts strangely, even for a few minutes, it could be a sign that they've just had a mini

stroke. When stroke-like symptoms appear for only a short time, it's called a transient ischemic attack (TIA) or a mini-stroke. . Symptoms could even come and go so quickly that you or your loved one might not even realize what's happening.

### TIA stroke symptoms and causes

During a mini stroke, the blood supply to the brain is briefly blocked. It's basically a stroke that only lasts for a few minutes. Symptoms of a TIA are like typical stroke

symptoms but don't last as long. Most symptoms disappear within an hour but could last for up to 24 hours. You won't be able to tell if these symptoms are from a TIA or a major stroke, so if your older adult has these symptoms, immediately call 911 or go to the emergency room. Symptoms happen suddenly and include:

- Numbness or weakness, especially on one side of the body
- Confusion, trouble speaking, difficulty understanding speech
- Trouble seeing in one or both eyes
- Difficulty walking
- Dizziness
- Problems with balance or coordination
- An abnormal sense of taste or smell

A TIA is usually caused by low blood flow at a narrow part of a major artery that carries blood to the brain, like the carotid artery. It could also be caused by a blood clot that travels to the brain and blocks a blood vessel there. A third common cause is the narrowing of smaller blood vessels in the brain. That blocks blood flow for a short period of time – often caused by plaque build-up.

### **A TIA is a warning of two serious health conditions.**

1. It's a sign of major stroke in the near future. Mini strokes usually don't cause permanent brain damage, but they're a serious warning sign that a major stroke will happen in the future. In fact, nearly 20% of people who have a suspected TIA will have a stroke within 90 days.
2. They cause vascular dementia, the second most common form of dementia that is caused by reduced blood flow to the brain – usually from a stroke or a series of strokes. This type of dementia usually affects people aged 60 to 75 and is more common in men than women.

Even though TIAs can be unnoticeably small, the damage to the brain adds up over time. When the blood flow to the brain is blocked, brain cells don't get oxygen and nutrients. That causes damage to areas of the brain associated with learning, memory, and language. This leads to memory loss, confusion, and other signs of dementia.

### **What to do after a TIA**

If you suspect that your older adult has had a mini stroke, take them to a hospital immediately and describe all the symptoms they experienced. To reduce the risk of a major stroke in the near future, doctors may recommend medication to prevent blood clots from forming or to treat high blood pressure, high cholesterol, or heart disease. Depending on the situation, surgery may be recommended.

*From Dailycaring.com 7/12/23*

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**Special thanks** to Jo-Ann and Ken Roffler for so generously donating a large amount of supplies for our kitchen. It is a huge help when our members offer to do this as it saves us money and also saves us from making yet another trip to the store. Have you ever wondered how we always have paper goods and beverages on hand? Anne Bright has done most of the shopping and lugging for all the past years.

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## **Case Management-New Resource from the Virginia Beach Public Health Department**

Jessica Austin, Outreach Client Lead, can provide essential, wide-ranging support and coordination to individuals and communities facing various health and socioeconomic challenges, Working within the public health

system, she is responsible for assessing clients' needs, helping to develop care plans, and connecting clients with appropriate resources to promote positive health outcomes and improve overall well-being. Call her at 757-375-0145 to take advantage of her free assistance.

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## **My Younger Days** by Maya Angelou

When I was in my younger days, I weighed a few pounds less.

I needn't hold my tummy in to wear a belted dress.

But now that I am older, I've set my body free. There's comfort in elastic where once my waist would be.

Inventor of those high-heeled shoes my feet have not forgiven.

I have to wear a nine now, but used to wear a seven.

And how about those pantyhose-they're sized by weight, you see.

So how come when I put them on, the crotch is at my knee?

I need to wear these glasses as the prints been getting smaller.

And it wasn't very long ago I know that I was taller.

Though my hair has turned to gray and my skin no longer fits,

On the inside I'm the same old age, it's the outside's changed a bit.

(I bet most of us can really identify with this poem!)

**Thanks** to everyone who donated so generously to the school supply drive for Connect With A Wish foster kids. Special thanks to our volunteer, Lisa Vesely, and her group of friends who provided so many supplies. CWW filled over 300 new backpacks and lunch boxes with all the necessary items for these students to begin a new school year. This charity was very appreciative of our tremendous support.

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## **Thanksgiving Day Pot Luck Dinner Host Needed**

We are optimistic that "somebody" will volunteer to be in charge of a group pot luck on November 23. This gathering did not take place in 2022 as no one stepped up to the plate. In previous years it was very well attended and very successful. The host will be responsible for roasting the turkey (SRC will cover the cost, of course) and attendees will bring side dishes and desserts. The turkey could be prepared in someone's home, or at the center if preferred. It will be a sad day if those who live by themselves or have no family nearby will be alone on this special day. Won't someone please offer to oversee this, so folks can enjoy the fellowship on Thanksgiving Day? Call us to let us know that the "somebody" is you!

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## **Don't Be the Victim of a Scam**

Although most of us think we are well aware of all the scams that are tricking people out of their money and property, too many of us are still falling prey to these evil schemes. According to the Federal Trade Commission, in 2022, consumer losses to fraud of \$8.8 billion

were reported. That was a 30% increase from 2022.

Scams can take place over the phone, by email or text. Do not answer a phone call if you have caller I.D. and don't recognize the phone number. If you do answer the phone, hang up soon as you realize it's a robocall or someone asking you to buy something or to pay something. Don't reply to a text from an unknown number and don't click on a link in such a text. Remember that if you win a prize, you will not have to prepay taxes, and don't be bullied by a scammer who pretends to be an authority or threatens to fine or arrest you. Do not give out your bank account or credit card numbers or your Social Security numbers over the phone, unless you have initiated the call. Don't buy gift cards for someone who calls out of the blue, but instead call the person for whom the scammer claims to need the cards. One someone gets fleeced, it is highly unlikely the money will be recovered, so just be alert and don't get fooled. NEVER answer a question from someone you don't know with a "YES" because that can be recorded and used to say you agreed to something totally unrelated.

## Bulky Item Pickup

So often as we drive our roads, we see discarded mattresses, furniture and other large items, sitting for weeks. The City of Virginia Beach, Waste Management, is more than happy to remove these items, FOR FREE. The catch, which residents do not realize, is that a request must be submitted prior to placing bulky items on the road during trash pickup days. No matter how long these eyesores sit on the road, the city will not remove them until the request has been called in or submitted online. To find this request form and other useful information from Waste Management, visit: [VB Public Works](#) or call: (757) 385-4650.

## Medicare Benefits Counseling

The free counselors from Senior Services who can advise you regarding Medicare and other benefits will be available for additional hours in October and November. During "open enrollment", they will be at the SRC for 1:1 sessions from 10 am- 3 p.m. on Oct. 25 and November 29, by appointment only. Bonnie Dozier and Eileen Churchill can help you make informed choices and save money on your medical insurance, so take advantage of their extended visits.

## Donations

Louis and Becky Cullipher in memory of Terry Jenkins

June Klag in memory of Ruby and Ray Harris

Johnnie and Rae Williams 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 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.

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Schools Closed 1</b>	<b>2</b>
					10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke <hr style="border-top: 1px dashed red;"/> 12:30 Cards (Card Group PR) Labor Day	 <b>1:00 Game Day (PR Jo-Ann R.)</b>
<b>3</b>	<b>Schools Closed 4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	The SRC Will be Closed 	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 (R 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	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Grandparents' Day</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	 <b>6:00 to 9:00 PM Game Night (PR Rita T.)</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	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.)	<b>11:00 Estate Sale Lecture (PR Sharon P) Potluck lunch to follow</b>	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	<b>1:00 Bonkers for Bunko at the Pungo Blackwater Library (PR. Angie V)</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	1:00 Joe Cerutti, Singer, Neil Diamond Tribute Bring Desserts to Share (PR Nancy A.)	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)  <b>1:00 - 3:00 Questions on Medicare-Medicaid 1:1 Benefits Counseling (PR Eileen Churchill)</b>	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	