

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – APRIL 2023

IN OUR FIFTEENTH YEAR

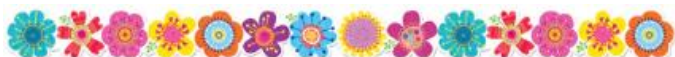
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facebook: <https://www.facebook.com/VirginiaBeachSeniorResourceCenter>

### Let's Talk! Advance Care Planning Lecture and Pot Luck Lunch Wednesday, April 19 11:00 am

Sentara Center for Healthcare Ethics staff Katja Bryant and Jennifer Baumgrotz will help us better understand the importance of having Advance Directive documents. Do you want to have a say in what kind of treatment you want to be given if you are critically ill and/or at the end of your life? If you want your wishes known and followed, you need to complete and sign an Advance Directive. Our speakers will provide the necessary form and will even meet with you after their presentation to help you fill out your form. You may have thought about end-of-life issues, but you can have peace of mind if you actually execute the necessary paperwork now.

### What is an Advanced Healthcare Directive?

An Advanced Healthcare Directive, also known as a healthcare proxy or healthcare Power of Attorney, gives the person you choose the authority to make healthcare decisions on your behalf if you become unable to do so for yourself. One of its most important benefits is that it can prevent the court proceeding known as guardianship. The end result of a guardianship process is that the court chooses who will make healthcare decisions for you in the event of incapacity. Unfortunately, the person chosen by the court might not be someone you would have wanted to make these decisions. In addition, the guardianship process is time-consuming, expensive and stressful for everyone involved (this information provided by elder attorney Angela Manz).



### SRC Annual Volunteer Appreciation Luncheon Monday, April 24 11:30 am

In honor of National Volunteer Month, we will have our annual Volunteer Appreciation Luncheon in honor of all our faithful volunteers. If you volunteer in any capacity, you are invited. You will need to R.S.V.P. by April 21. Invitations will be mailed out in early April. Volunteers are encouraged to bring along a friend who is interested in becoming a volunteer. We thank all of our volunteers for making it possible for the SRC to function



### Read and Share Wednesday, April 5 10:30 am-noon

Looking for an alternative to traditional book clubs? Come and enjoy a casual chat about popular books. Talk about titles you like and hear what others enjoy. Swap favorites old and new or spread the word about your favorite reads. Adults 18+. Registration is not required.

### Some selections from March's Read and Share Group:

*The Doomsday Key*, by James Rollins  
*Demon Copperhead*, by Barbara Kingsolver  
*The Little Old Lady Behaving Badly*, by Catharina Ingelman-Sundberg  
*False Memory*, by Dean Koontz  
*The Rising Tide*, by Ann Cleeves  
*The Black-Eyed Blonde: A Philip Marlowe Novel*, by Benjamin Black

## Writing Through Worry

Wednesday April 5 2:00-3:30 pm

Our worries and anxieties, though frustrating and unpleasant, shape who we are. Join us in this unique experience where we will write to discover how our anxieties can be realized as some of our greatest assets. Bring your favorite journal, if you wish, and get ready to uncover the superpowers we all hold within us. Adults 18+. Registration is required. Call 757-385-0150

## DIY Succulent Terrariums

Saturday April 15 9:30-10:30 am

Come get your hands dirty and go home with a beautiful succulent terrarium. Celebrate Earth Day with these delightfully delicate creations that will add new life to any space. Adults 18+. Registration is required. Call 385-0150.

## Speaking of Volunteers- Where Are You?

How many times and how many ways can we beg for your help? In past months, the center door has been locked and the phone unanswered too often because no volunteer was on duty. How sad! There are many volunteers who faithfully show up, some even doing weekly phone duty. But too many others fail to sign up for a shift even once a month. We don't ask much of you---just 3 ½ hours once a month, to cover a shift. Too many "volunteers" on our list do not bother to take a turn, and once again we may be facing reducing our operating hours. It takes a village; can't you be a part of ours?



## New Garden Bed and Butterfly Garden Coming

Gaby Morrison, leader of the SRC Crafters for Charity Group, has graciously offered to create a butterfly garden in the front of our center. She is a long-time certified butterfly gardener and will be donating some of her plants. She and Nancy Allan will also be tackling the neglected garden bed outside our entrance. If you have perennial plants that you would like to donate, call the center and leave a message. We will also be looking for some annual plants to add color. If you like to play in the dirt, let us know and you can join our effort.

## Need Legal Advice?

The Virginia State Bar is a mandatory regulatory agency for all Virginia lawyers. Those who choose to be part of the Virginia Referral Service are vetted and in good standing as practicing attorneys. You can call them at 1-800-552-7977 and ask for a referral to a lawyer in your vicinity in a specific legal area (e.g., estate law) and you can also ask for an attorney who will provide you with an up-to 30-minute consultation for \$35.

## Water, Water!

It's amazing how much bottled water we go through. In order to produce less recycling waste, can you get in the habit of bringing your own water bottle and refilling it using the jazzy new filtered water dispenser in the front hall? Mother Earth would appreciate it!

## Come on Down to Lecture/Pot Luck Lunches

Even if you forgot to bring a dish to share. Have you wanted to attend a lecture and pot luck, but weren't up to cooking or forgot to bake a treat? Don't miss out- come on down and join us. We always have food to share, so don't worry if occasionally you don't bring a dish to share.

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## Curious About Some of Our Regular Activities?

**Cards** The primary game played is 'Hand and Foot'. This game is played with a partner. When only six players are attending, a table is set up to accommodate six players, then we play 3 against 3. For someone who is familiar with cards, this game is simple to learn. If someone wishes to play another card game, we do that too.

**Euchre** "Queen of all card games" this was once the nickname of an addictive game called Euchre. Interestingly where Jacks are King...If you are from the Midwest, you may already know how to play. Never heard of it? We will teach you and you will look forward to Tuesdays at the Senior Resource Center. The game is quick to learn, fast to play and easy to score. You and your partner will interact, making simple strategies exciting. Gentlemen are particularly attracted to this game because of its simplicity and quick turnaround. But ladies really like it too, only five cards to hold and no pencils involved for scoring. Join us on Tuesdays at 10:45 for rollicking good fun.

**Conversations and Writing Group** This group meets every Friday from 10:45 a.m.-noon. The group holds conversation with

selected topics and shares original writing efforts (in all formats) with critiques offered by members. Other weeks, a prompt is given, and members write for 20 minutes, followed by shared readings. Group is open to everyone.

**May Craft Event** We are considering having a class at SRC provided by the Mermaid Factory, a local craft shop. You can paint and decorate various items, like mermaids, dolphins and seashells, which come with a stand. Prices would be \$22 for the large size and \$10 for the small one. We will need to know if we have enough interest ahead of time, so please call the center at 757-385-2175 if you'd like to participate. It promises to be a lot of fun. Check out their site at [www.mermaidfactory.com](http://www.mermaidfactory.com)

**Decluttering SRC** After seeing the same decorations for 15 years at the center, a few of us have begun to work on reorganizing and decluttering our rooms. Take note of the long bulletin board to your left as you enter the center. We will post only current items, including enlarged calendars for the current and next month's activities, special lectures and events at the center, as well as events in the area. The boards near the kitchen entrance are also being decluttered, so please don't add your flyer without having it ok'd. Please do not post any item without approval. Put your item in the colored cart in the president's box for consideration. We will soon have a large binder that will contain other flyers, menus, ads, etc. so take a look.

**CD Library** We are trying to determine if members are still borrowing CDs. We have an enormous collection but think it is probably not being used. Let us know what you think of our selling or donating all those movies.

**Jigsaw Puzzles** We have accumulated a large assortment of puzzles, and one is always

in progress on the center's table. Feel free to borrow puzzles, or donate yours.

**Books** After dedicating a library for Juanita Swoope's Amish collection, we are receiving donations of other books. Feel free to borrow them.

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The following poem by Charles Osgood has appeared in our newsletter previously. However, as we continue to struggle finding enough volunteers to keep our doors open and our programs running, it is appropriate to share it again.

## Everybody, Somebody, Anybody and Nobody

There was a most important job that needed to be done, and no reason not to do it, there was absolutely none.

But in vital matters such as this, the thing you have to ask is who exactly will it be who'll carry out the task?

Anybody could have told you that Everybody knew that this was something Somebody would surely have to do.

Nobody was willing; Anybody had the ability. But Nobody believed that it was their responsibility.

It seemed to be a job that Anybody could have done, if Anybody thought he was supposed to be the one.

But since Everybody recognized that Anybody could, Everybody took for granted that Somebody would.

But nobody told Anybody that we are aware of, that he would be in charge of seeing it was taken care of.

And Nobody took it upon himself to follow through, and do what Everybody thought that Somebody would do.

When what Everybody needed did not get done at all, Everybody was complaining that Somebody dropped the ball.

Anybody then could see it was an awful, crying shame. And Everybody looked around for Somebody to blame.

So mebody should have done the job and everybody should have,  
But in the end, Nobody did what Anybody could have.

Many of our members seem to fall into the categories mentioned in the above poem. It seems "somebody" expects all the activities to take place, all the lectures arranged, the newsletter written and mailed, pot lucks set up with preparation and clean up magically happening, and the phone answered and visitors greeted. Thank goodness we have some faithful souls who serve on the Board, cover "desk duty" and help set up and take down tables and chairs for every gathering. We have incredible activity leaders who lead our regular activities for years, without a dime of pay. We have a small activity committee that provides all the legwork for every special lecture and event. Our newsletter crew gets the monthly newsletter mailed and two volunteers keep the marquee out front up to date. Our magician tech-guru Tom formats our newsletter in the blink of an eye, and our illustrious President somehow oversees it all. Please excuse if we haven't acknowledged what you do to help.

All we ask is that you step up to the plate, and find something you can do hands-on to help, if you are physically able to. Some of us are plumb worn out from doing it all, and no one seems to be waiting in the wings to take on some of our duties. Won't you please help?



## Where Do Your Donations Go?

It seems some folks may still be questioning where their donations to SRC go. No, the board does not go out to dinner or take a trip using your donations!



Our biggest annual expense is liability insurance, which we are required to have. We have ongoing expenses of postage for the monthly newsletters, paper goods, copy paper, beverages, treats for events, catered food for appreciation luncheons, holiday decorations, rental fee for the school cafetorium, etc. You are welcome to check out our monthly treasurer’s report, but we can guarantee that your money is carefully spent. Many of you donate items without asking to be reimbursed, and we thank you for your generosity.

**Many Thanks** to new member, Arlis Burney, for donating her late husband’s reading magnifying machine. Linda and Eddie Ackiss will make sure the Lions Club finds a deserving recipient for this very helpful device.

## WHRO Voice

Are you blind, visually impaired or have another condition that prevents you from reading standard printed material? If you are, then you may be interested in this helpful service from WHRO, our local PBS station (Public Broadcasting System) located in Norfolk. Volunteer readers read local newspapers live on the air, concentrating on regional stories, obituaries, commentaries and even grocery ads. The service covers the Virginian-Pilot and Daily Press, as well as other periodicals. The service is offered free of charge to qualified

individuals. You can listen to it on your phone or other device using [mediaplayer.whro.org](http://mediaplayer.whro.org). You can also receive a free Amazon Echo speaker device or a special, free radio. Call James Holzer at 757-889-9379 or email him at [james.holzer@whro.org](mailto:james.holzer@whro.org).

## Donations

Jamie D. Nicolato to be used as needed

## Community Listening Sessions

March 25 - April 3

The City of Virginia Beach will hold a series of sessions that allow citizens to provide their input on the City election system and how they elect their representatives. To see the complete list of in-person and virtual meetings, check the bulletin board at SRC or go online at [vbgov.com/news](http://vbgov.com/news).

### 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.

# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						 <b>1:00 Game Day</b> <b>(PR Jo-Ann R.)</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</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.)	10:30 PM Read and Share (PR Angie V)  <b>2:00 PM Writing Through Worry (PR Angie V)</b>	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm EASY LINE DANCE CLASS. <u>2:00 - 3:30 pm Regulars</u>  12:30 - 4:00 Mahjong (PR Robin W.)	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	
<b>9</b>	<b>Spring Break 10</b>	<b>Spring Break 11</b>	<b>Spring Break 12</b>	<b>Spring Break 13</b>	<b>Spring Break 14</b>	<b>15</b>
<b>Easter</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 DANCE CLASS. <u>2:00 - 3:30 pm Regulars</u>  12:30 - 4:00 Mahjong (PR Robin W.)	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	9:30 - 10:30 DIY Terrarium @ Pungo - Blackwater Library, <a href="tel:757-385-0150">Register at 757-385-0150</a> 6:00 to 9:00 PM <b>Game Night</b> (PR Rita T.) 
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</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 End of Life Issues &amp; Advance Directives (PR Nancy A.)</b>	<b>Line Dance Class (PR Rita T)</b> <b>12:30 -No Line Dancing</b>  12:30 - 4:00 Mahjong (PR Robin W.)	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<b>11:30 Volunteer Appreciation Luncheon for Volunteers Only</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) <b>1:00 - 4:00 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 DANCE CLASS. <u>2:00 - 3:30 pm Regulars</u>  12:30 - 4:00 Mahjong (PR Robin W.)	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	