

Social Security A to Z Lecture

Thursday, Aug. 2 4:00-5:00 pm



The Pungo-Blackwater Library (Peggy Jebavy) will be sponsoring this lecture by **Inez Lloyd**, Public Affairs Specialist with the Social Security Administration. This lecture will take place at the Senior Resource Center and will provide information about navigating the Social Security website as well as answering your questions.

showing Chrysler art works in which the artist has used nature in the painting or sculpture. As a group we will explore why the artist might have used nature in the object and how the use of nature in art changed throughout the centuries. Adults. Registration is not required.

Ballroom Dancing Anyone?

Monday, Aug. 6 11:00 am-1:00 pm



Dance instructor **Melinda Mielock** will speak on a possible ballroom dancing class at SRC. A potluck lunch will follow so bring your best summer recipe and your dancing shoes and come out to see what the fun's all about! Melinda is a friend of John, the

tenor in Fond Memories, and when she attended their most recent concert at SRC, she volunteered to "test the waters" for interest. We have set aside Monday afternoons this month if there is enough interest.

Another Paint Night

Saturday, Aug. 11 2:30-4:30 pm

We budding artists had so much fun at the last painting event that Peggy Jebavy from Pungo – Blackwater has arranged for Susan Hampe to come back on a Saturday afternoon to show how to paint a cherry tree in the moonlight. All materials are provided and registration is not required; however only those 18 and above should attend.

AARP Annual Joint Luncheon

Tuesday, Aug 14 11:30 pm

It's time for our annual luncheon with the Princess Anne Chapter Of AARP. No lecture, just time to chat and make some new friends. Instead of our normal pot luck lunch, SRC will provide subs and AARP members will provide desserts. Come help us show our AARP colleagues our southern hospitality.

If you are interested in joining this chapter of AARP, # 5119, they meet on the second Tuesday monthly at the Princess Anne Rec Center at 1 p.m. A guest speaker is provided at every meeting and other events are planned on an on-going basis. The chapter also engages in local charity events, travel, social events and much, much more. Just like SRC, they welcome new members.

Nature in Art with Linda McGraw

Pungo Library

Tuesday, Aug.7 2:30-3:30 pm

Linda McGraw, Master Docent at the Chrysler Museum of Art, will present Nature in Art,

New Estate Tax Laws Lecture and Pot Luck Lunch

Tuesday, Aug. 21 11:00 am

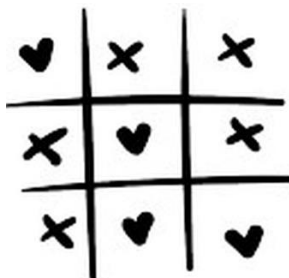
Stephan J. Lipskis, a local estate planning and elder law attorney with Poole Brooke Plumlee PC, will present "How the New Tax Law (and other law changes) Impact Estate Planning." Stephan and his paralegal, Amy Popp, assist families in all life stages with their planning needs, whether it be helping a young couple take appropriate steps for their children, assisting seniors with their disability planning, or protecting family wealth from potential creditors and taxation. Stephan and Amy plan to stay through the potluck to allow time for answering any questions.

New Activity: Ultimate Tic Tac Toe

Tuesdays 10:00 am-12 noon

Rose Doucette, 12-year old daughter of John-Henry Doucette (editor of the Princess Anne

Independent News) has offered to lead a new activity at SRC- Ultimate Tic- Tac- Toe. It's the perfect game to play by yourself on line, but she will provide printed forms for you. You can teach an old dog new tricks, so come and meet Rose, and learn a great new game. Rose is eager to share her skills with us and we welcome her enthusiasm



Welcome to new Board of Directors Vice President

The Board of Directors is delighted to welcome onboard a new Vice President, **Sharon Prescott**. Sharon, now a local realtor, is retired

from the City of Virginia Beach Department of Housing and Neighborhood Preservation. She was instrumental in helping Terry Jenkins and Barbara Henley get the Senior Resource Center up and running and she now is a volunteer at SRC. In addition to now serving as VP, Sharon also hosts the Photography Club that meets at SRC. You have probably seen her at our functions taking pictures. Johnnie Williams is especially thrilled to have Sharon as his VP as he has been somehow managing without backup for several years. Welcome Sharon---we are so glad you are willing to assume this duty.

Farmers Market Hoedown Band Schedule

The free concerts take place every Friday night, rain or shine, from 7 – 10 p.m. Bring a chair or blanket. Virginia Beach Farmers Market is located at the intersection of Princess Anne Road and Dam Neck Road.

Aug. 3 Dallas Band
Aug. 10 New City Sound
Aug. 17 Double Shot
Aug. 24 The Long & the Short of It
Aug. 31 Country Rebels

4th of July Celebration



Thanks to all the busy bees for helping out at our 4th of July celebration, including: **Amelia Ross-Hammond**-pianist, **Barbara Henley** for

the hot dogs and buns, fresh corn and homemade ice cream, **David Lee** for braving the heat and rain to grill all the yummy hotdogs, **Bob Giovanelli** for sweating over the corn cooking, **Johnnie & Rae Williams** for homemade ice cream, **Carol Todd**, her young grandson **Quenten Porter**, and **Linda Ackiss** for all their helping setting up and cleaning up.

Quenten was our youngest helper and he did an amazing job! David, his wife Tammy and Bob have been our cooks for year after year and we fail to acknowledge that when we are all busy enjoying our meal. Thank you, thank you for being there for us. And thanks to everyone who brought such a great array of side dishes. We had some feast!

Change in Shari Wilson's Schedule

Shari Wilson, The City of Virginia Beach Department of Human Services Liaison, has been given additional work duties so as of July 15th, she will be at the Senior Resource Center only once a week. She had been there most Tuesdays and Fridays in the past. While we often had volunteers covering the desk while Shari was on duty, we weren't always able to cover those slots, but now it will be necessary for us to find volunteers to cover all the times we are open. Please consider stepping up to the plate and signing up as a duty volunteer-- just 3 ½ hours once a month would do it. The orientation is very brief and you will feel good about being more involved with SRC. Call us at 385-2175 to volunteer and if you are already a volunteer, check the master calendar on the large oval table whenever you are at the Center to see if you could take on an extra shift.

SEATS STILL AVAILABLE FOR OUR BUS TOUR: TREASURES OF THE NORTHERN NECK OF VIRGINIA

Wednesday October 10, 2018
Registration Deadline September 7th

A trip flyer with all itinerary details and a registration form is available at the SRC or via email request to newbillm@cox.net. The motor coach departs SRC at 7:00 am, West Neck

Village Hall at 7:20 am, Quality Suites Lake Wright at 8:00 am, and returns at approximately 7:00 pm. This trip is organized and managed for SRC by SignaTours, Ltd. of N. Chesterfield, VA, the company that provides motor coach tours for Sentara. All-inclusive cost is \$116 per person. For questions please contact Mike Newbill, 757-453-6985.

Local Crafters Wanted



The date has been set for our Craft Fair, for Sat., Nov. 10th, from 10 a.m. – 2 p.m. We have four interested crafters so far, and we'd love to hear from you if you make your own wares. No

franchise-type, premanufactured items- just those that you created personally. We will not be charging for the space as we would just like to share your talents with others. Call 422-1292 or email twingranny05@gmail.com if you'd like to sign up.

Stephens Ministers

Have you ever heard about of the Stephen Ministry? Virginia Beach United Methodist Church has a very active group of volunteers in this ministry and they serve inside and outside their congregation. The volunteers are extensively trained to minister to people who are experiencing a crisis or going through a difficult time in life, by listening and providing Christian support. The support they provide is free and confidential, and 1:1. If you or someone you know would benefit from this helpful resource, call:

For women seeking a Stephen minister call Sue Shephard 481-4108

For men seeking help call: Dave Moore 351-3413

What Should You Do If You Haven't Received Your New Medicare Card?

Your new Medicare card should have arrived in the mail by now. If you didn't get it, here's what to do:

- Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
- If your card didn't arrive, call 1-800-MEDICARE (1-800-633-4227)

There is no charge for the new card, so don't be scammed into paying someone for it and don't fall for any phone calls or emails you might receive trying to get you to pay for it. In case you weren't aware, your new card has a brand new number and no longer contains your Social Security number.

Lasting Words of Kindness

"Drop an unkind word, or careless: in a minute
it is gone;

But there's half-a-hundred ripples circling on
and on and on.

They keep spreading, spreading, spreading
from the center as they go,

And there is no way to stop them, once you've
started them to flow.



Drop a word of cheer and kindness; just a flash
and it is gone;

But there's half-a-hundred ripples circling on
and on and on,

Bearing hope and joy and comfort on each
splashing, dashing wave

'Til you wouldn't believe the volume of the one
kind word you gave."

"Pebble" by James Foley (1874-1939)

Virginia Tax Free Holiday

When is it?

August 3-5, 2018. The 3-day sales tax holiday starts the first Friday in August at 12:01 am and ends the following Sunday at 11:59 pm.

What is it?

During the sales tax holiday, you can buy qualifying school supplies, clothing, footwear, hurricane and emergency preparedness items, and Energy Star™ and WaterSense™ products without paying sales tax.



What items are eligible?

- [School supplies, clothing, and footwear](#)
 - Qualified school supplies - \$20 or less per item
 - Qualified clothing and footwear - \$100 or less per item
- [Hurricane and emergency preparedness products](#)
 - Portable generators - \$1,000 or less per item
 - Gas-powered chainsaws - \$350 or less per item
 - Chainsaw accessories - \$60 or less per item
 - Other specified hurricane preparedness items - \$60 or less per item
- [Energy Star™ and WaterSense™ products](#)
 - Qualifying Energy Star™ or WaterSense™ products purchased for noncommercial home or personal use - \$2,500 or less per item.

Donations

Helen Lane for paper and supplies

Garland Eaton in memory of Dennis Malbon and Allan Grimstead

Ann Ansell in loving memory of her father Marvin C. Etheridge (8-1-1920 to 8-18-2017)

JOY Group for kitchen supplies

Frances Mae Etheridge for needs for the Center

Another Scam

Scammers have begun exploiting a quirk in landline technology to steal from consumers. They usually call early in the morning, claiming to be a law enforcement officer or a representative of a financial institution, reporting that a suspicious charge was placed on your credit card the night before, via an online purchase, an in-store transaction at

Don't fall for



phone scams

another location or an overseas transfer. They ask for your credit card information to cancel the transaction. For confirmation that what they are saying is true, they direct you to call the number on the back of your credit card.

Then they APPEAR to hang up, but in truth, the scammer remains on the line even as you dial the number on the back of your credit card. You end up talking to the con man's partner-in-crime who tries to convince you to transfer your funds to another account "for safety's sake," until their "investigation" is complete.

The most important thing to remember is that if you still have a land line, the previous caller CAN remain on the line after you hang up so that when you pick up the phone again, you are still connected to that caller. If you think you might be dealing with a scammer, either try to use another phone to call your financial institution or wait at least 20 minutes before lifting your receiver to make the confirmation call. Listen carefully for a normal dial tone before proceeding, and hang up if you are suspicious. If you think you have been the victim of a scam, contact the Department of Justice at 1-877-5-NO-SCAM or file an on-line complaint.

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
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 online at www.vbsrc.com and help save printing and postage costs.

August 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			1:00 Cards	8:30 Board Meeting 9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T) 4:00 - 5:00 PM Social Security - A to Z. - Speaker, Inez Loyd, Public Affairs Specialist from the Social Security (PR Peggy J.)	9:30 Yoga (PR Sybil M.) 10:45 Conversations (PR Sarah Burke) 12:00 - 1:00 Tai Chi (PR Gary Donovan)	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
5	6	7	8	9	10	11
	11:00 - 1:00 Ballroom Dance Instructor will speak Melinda Mielock on possible Dance Class at the SRC (Pot Luck Lunch to follow) to follow (PR Rae W) 1:00 Dominoes/Cards	10:00 -12:00 Ultimate Tic Tac Toe (PR Rose Doucette) 1:00 Bingo/ Cards	1:00 History & Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Sybil M.) 10:45 Writing (PR Jan Donovan) 12:00 - 1:00 Tai Chi (PR Gary Donovan)	10:00 -12:00 Crafters (PR Pat Jenkins) 2:30 - 4:30 Paint Class (Peggy J.)
12	13	14	15	16	17	18
	1:00 Dominoes/Cards 1:00 Ballroom Dancing (PR Melinda Mielock)	11:30 Annual Joint AARP Luncheon, SRC to provide Subs and Chips, AARP will provide desserts (PR Nancy A.) 1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Kristin M.) 10:45 Conversations (PR Sarah Burke) 12:00 - 1:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
19	20	21	22	23	24	25
	1:00 Dominoes/Cards 1:00 Ballroom Dancing (PR Melinda Mielock)	Senior Citizens Day 10:00 -12:00 Ultimate Tic Tac Toe (PR Rose Doucette) 11:00 Stephan Lipskis, Attorney -Changes in tax laws that affect estate planning in VA - Pot luck lunch to follow (PR Johnnie W.) 1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	No YOGA 10:45 Writing (PR Jan Donovan) 12:00 - 1:00 Tai Chi (PR Gary Donovan)	
26	27	28	29	30	31	
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