

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – AUGUST 2019

IN OUR ELEVENTH YEAR

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

### 100<sup>th</sup> Birthday Party for Leonard Deline

Tuesday, Aug. 6 1:00 pm



Join us for this once-in-a-lifetime celebration for our oldest member of the Senior Resource Center. Leonard is a regular at the Tuesday card games (thanks to his chauffeur Judy Hall.) Leonard is amazingly spry for a fellow his age and he gets around better than some of us who aren't yet in our 90's.

We will provide cake and beverages, so please plan to attend. We would love to have a great turnout to show Leonard how much we love and admire him. Let's bring 100 birthday cards for him to enjoy after he gets back home. Leonard LOVES scratch-off lottery tickets, so feel free to share some of those with him if you'd like.

### Annual AARP Joint Luncheon

Tuesday, Aug. 13 11:30 am

Every August we welcome the Princess Anne Chapter of AARP to the SRC for a joint luncheon. This has become a nice tradition and we look forward to it each year. Instead of asking you to fix something for a pot luck, the SRC will provide sub sandwiches and the AARP members will bring dessert. As always drinks will be provided.

AARP meets every second Tuesday at 1 p.m. at the Princess Anne Rec Center and they

welcome new members. They usually have a guest speaker at every meeting and they plan other events as well. Just like the SRC, our nearest AARP chapter is always looking for new members too. You can become a member for \$12 a year, with discounts for multi-year membership. As a member (and your spouse gets a free membership) you get a bi-monthly magazine and a monthly bulletin full of pertinent news for seniors. With your AARP membership card you can get nice discounts at many stores and restaurants too. Join online at [www.aarp.org](http://www.aarp.org)

### Special Guest Speaker for Shutterbug's August Meeting

Monday, Aug. 19 2:00 pm

Denise Nichols, Library Assistant Supervisor at the Pungo-Blackwater Library, will be the guest



speaker for the August 19th Shutterbug meeting. Our meeting will be at the SRC and starts at 2:00pm. She will speak on what the library has to offer to photographers- and most of these services are free to use- such as on line classes, photography magazines, etc.

Denise is an avid photographer and will bring a new level of knowledge to our meeting. Please feel free to invite your friends and family to attend. You do not have to be a regular attendee of the photography group or a member of the SRC to attend. Hope to see you there.

## A Picture Is Worth a Thousand Words...

We've all heard this saying. Do you want to take better photos to preserve your memories of people and places? A few quick, simple hints and easy-to-use techniques can improve your photography, but how do you learn these? Simple and it's free: come to the Shutterbug sessions at the SRC. They are free, informal and fun and will help you with your photography. No fancy camera is needed; if you have a cell phone that will take photos, you can benefit from coming to a meeting. If you would like more details, call Sharon Prescott at 757-630-2660. Check the monthly SRC calendar for our next meeting. In August we meet on the 19<sup>th</sup> at 2:00 PM and have a special speaker. Hope to see you at a meeting soon.

appointment only. If you need her help with Medicare questions and other resources and services for seniors, call SRC at 385-2175 to sign up for a free session.

## Farmers Market Hoedown Schedule

These free outdoor concerts are held at the Farmers Market (at the corner of Princess Anne and Dam Neck Roads) every Friday night from 7 – 10 p.m. They perform, rain or shine. Bring your own chair or blanket to enjoy the great music.

August 2	Dallas Band
August 9	New City Sound
August 16	The Mann Act
August 23	The Long & Short of It
August 30	Timeline

## Wrist Strap Key Fob Sewing Class

**Saturday, Aug. 17 2:00-4:00 pm**  
**Pungo- Blackwater Library**

Come join us at the library to sew a beautiful wrist strap key fob! These make fabulous gifts! Bring your sewing machine and basic sewing supplies (scissors, ripper, pins, ruler). Limited sewing machines and sewing supplies will be available. Basic sewing skills required. All key fob supplies will be provided. Adults 18+. Online registration is required and begins August 3<sup>rd</sup> at [www.vbgov.com/library-events](http://www.vbgov.com/library-events) or call the library at 385-7790.

## Thank You, Thank You

Where would the Senior Resource Center be without its volunteers? Although we are continually looking for new volunteers, especially to cover "phone duty," we are very lucky that folks step up whenever the need arises.

**For the 4<sup>th</sup> of July celebration:** Thanks to David Lee for sweating over the BBQ grill, Bob Giovanelli and Don Spitzli for cooking the corn, Barbara Henley for providing the corn, hot dogs and buns and Johnnie and Rae Williams and Barbara Henley for the delicious homemade ice cream. Amelia Ross-Hammond graced us with her musical talents and the Trammels helped make the Center look so good.

**For the July 9<sup>th</sup> Ruritans Dinner-** Many thanks to Anne Bright for doing all the legwork to prepare dinner for the Ruritans at SRC. She

## Benefits Counseling

**Wednesday, Aug 28 1:00-4:00 pm**

Senior Services' (our Area Agency on Aging) rep Bonnie Dozier will see you 1:1 at SRC by

and her kitchen crew did a great job and their efforts earned a donation to the SRC.

**Barbara Vaughan-** She keeps track of all our volunteers, trains new ones, covers multiple desk shifts and updates our master desk calendars. Her “job” could be made easier if more of us stepped up to the plate and volunteered!

**Kitchen Crew** There is a group of gals who always show up to help put the kitchen back in order after every function, including Juanita Swoope, JoAnn Roffler, Julie Coppedge, Rita Trammel and Rae Williams. Thanks also to others who either volunteer or “answer the call” when asked to help. Of course, we can’t forget our Kitchen “Witch”, Anne Bright, who does all the shopping and lugging and shows up hours before each function (and stays till the bitter end) to oversee all the food prep.

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## Virginia Beach Tragedy Fund

The need is still great for funds to help the families of the twelve people who died and the four survivors who were badly injured on May 31<sup>st</sup>. You may have heard that approximately \$3 ½ million dollars have been raised so far, but that will simply not be adequate to cover the enormous expenses these families and survivors will face for many years to come. Won’t you please consider making a donation, or making an additional donation to help? If you belong to another organization or club, perhaps you can suggest a group function to raise money.

Mail checks, made out to the United Way of South Hampton Roads to:

Virginia Beach Tragedy Fund  
c/o United Way  
2515 Walmer Avenue  
Norfolk, VA 23513

## Free Tuition for Seniors for College Classes

Did you know that the State of Virginia’s Higher Education Act of 1974 provided senior citizens with free college Classes? If you are 60 years or older, you can audit classes (for no credit) at our local colleges. You can also take classes for credit if you earn \$23,850 or less a year. Besides being 60+, you must have had Virginia as your legal domicile for the previous year. Contact Tidewater Community College, Old Dominion or Norfolk State University for information about enrollment.

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## Institute for Learning in Retirement

The Institute of Learning in Retirement is a group of active seniors aged 55 and over who are committed to life-long learning. Based at the Virginia Beach campus of Tidewater Community College, the ILR provides intellectually stimulating lectures, discussion groups, social events, and trips.

It is a non-profit group, run mostly by volunteers, and is open to anyone 55 years old and up. It used to be housed at the Higher Education but has relocated next door to Tidewater Community College. They offer 4 quarters of 2-hour educational lectures that each cost \$14. To be eligible to enroll in a class, you need to join for an annual fee of only \$20. The membership period runs from June 1-May 31 and the fee is waived if you are over 90. Some sample titles of classes held in July are: “Fake News and Conspiracy Theories in American Politics” and “Alexander Hamilton Revisited.”

Check it out at [www.ilrvb.org](http://www.ilrvb.org) or call them at 756-4861. You need to join by mail, but once you've become a member you can register for classes online.

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## Password Dilemma

If you are a regular computer user, have you ever thought about what would happen if you had a sudden medical emergency, or worse yet, passed away unexpectedly? It could be a technology nightmare for your spouse or adult children if they could not access your online accounts. Many of us pay all our bills and use autopay online and no longer receive any hard copies via snail mail of bank statements, credit card accounts, utility bills, etc. With digital records and passwords, there won't be any paperwork to help you track accounts.

It may be impossible for your loved ones to log in to any of your accounts, unless you plan ahead. Although we have been warned to keep our passwords private, you should consider making a hard copy list of your user names and passwords and storing it in a place accessible to your family members or giving a copy to those closest to you.

Adapted from Janet Bodnar, Kiplinger.com

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## Free Durable Medical Equipment

F.R.E.E. (Foundation for Rehabilitation Equipment & Endowment) is a helpful resource if you are in need of mobility equipment like a walker, wheelchair, etc. and can't afford to purchase it. It is a non-profit organization that helps individuals who are uninsured or underinsured, and is considered a last resort after all other resources have been exhausted (family, church, etc.) You can go online at [shr@free-foundation.org](mailto:shr@free-foundation.org) or call 771-6283. You

will need to complete an application and also provide a prescription form from your doctor.

F.R.E.E also welcomes your donations of gently used medical equipment, especially bath chairs and tub transfer benches. They also need equipment for those who weigh 300 pounds and up. Donations of your equipment can be dropped off at any local Goodwill stores- tell them it's for F.R.E.E. Equipment closets are now open at Sentara Virginia Beach General, Sentara Norfolk General and Sentara Leigh Memorial.

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## SilverSneakers Exercise Classes for Medicare Recipients

SilverSneakers is a fitness program specifically targeted to seniors in order to help them stay fit and healthy. Participating fitness and wellness centers, gyms and YMCAs have specially trained instructors. You may be able to join group exercise classes, the classic program with a variety of exercises, fitness and workout programs for cardiovascular and muscular strength, aerobics, yoga, as well as relaxation and stretching classes for stress reduction. All programs are designed to be easy-to-follow, low-impact on movement, safe, heart-healthy and gentle on the joints and classes offer chair support in order to increase flexibility, balance and range of movement.

If you have a Medicare Advantage plan or a Medicare Supplement, you may be eligible. You can go online at [www.silversneakers.com](http://www.silversneakers.com) to use the SilverSneakers Health Plan Locator to find out which plans currently offer Silver Sneakers benefits. Perhaps you will even find out that you have the SilverSneakers benefit already included in your current Medicare health plan. If not, you may be able switch to a plan in your area that offers this fun way of



staying healthy for seniors. The best perk is that if you qualify for SilverSneakers, you will get a Virginia Beach Parks and Recreation Center pass that will allow you to participate in all rec centers activities/classes for free! So, no more excuses about not being able to afford the gym!

## Volunteering Is Good for Your Health

According to research from the Corporation for National and Community Service, volunteers find that volunteering helps others, but also helps them. Seniors who volunteer experience lower rates of depression and mortality, as well as fewer physical limitations, regardless of income, education or marital status. Other studies have shown that volunteering reduces the impact of chronic conditions such as arthritis diabetes, depression and high blood pressure. For healthy people, spending time helping others keeps volunteers active and feeling better physically and emotionally. They feel more capable and confident and have a larger support network. (from the VRS Retiree News, Summer 2019.)

To be a volunteer at the Senior Resource Center, you don't need a college diploma or a lengthy resume—just a friendly smile and willingness to serve. It's a great way to feel useful and to make new friends. Volunteering has no ill side effects and it's free—the best “medication” you'll ever find. Call us at 385-2175 or stop by to sign up.

**WE**  **VOLUNTEERS**

## Food for Thought from Dave Barry's *Lessons from Lucy*

Humorist Dave Barry shared these pertinent thoughts in his musings about his beloved dog Lucy:

“I can be mindful. I can stop wasting the dwindling minutes of the only life I'll ever have obsessing over past events I can't do anything about, and future events that may never happen. I can teach myself to focus on the only time that matters, which is the moment right now, and use this precious time to appreciate, the cherish, the people I love.

## Donations

Linda Smith for SRC to use as needed  
Gary Donovan for SRC to use as needed  
Joanne Roffler – cases of bottled water for SRC  
Creeds Ruritan Club for dinners for July meeting

### 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

Anne Bright 426-7832  
Newsletter Layout  
Tom Shearer 426-7831



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# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:30 Board Meeting 9:30 Exercise (PR Rita J.) Line Dance Class (Pr. Rita T) Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) <b>12:00 Tai Chi (PR Gary Donovan)</b>	<b>1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. &amp; Carol Todd)</b>
4	5	6	7	8	9	10
	1:00 Dominoes/Cards	1:00 Bingo/ Cards <b>1:00 Celebration of Leonard Deline's 100th Birth</b> 	1:00 History & Cards	9:30 Exercise (PR Rita J.) Line Dance Class (Pr. Rita T) Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) <b>12:00 Tai Chi (PR Gary Donovan)</b>	10:00 -12:00 Crafters (PR Pat Jenkins)
11	12	13	14	15	16	17
	1:00 Dominoes/Cards	<b>11:30 AARP Luncheon Followed by Bingo (PR Nancy A.)</b> 1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class (Pr. Rita T) Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm	9:30 Yoga (PR Linda T.) 10:45 Conversations <b>"Topic TBD"</b> (PR Sarah Burke) <b>12:00 Tai Chi (PR Gary Donovan)</b>	<b>6:30 - 9:00 pm Game Night (PR Jo-Anne R. &amp; Rita T.)</b>
18	19	20	21	22	23	24
	1:00 Dominoes/Cards <b>2:00 Photography Denise Nichols, Library Assistant Supervisor at the Pungo-Blackwater Library will be the guest speaker (PR Sharon Prescott)</b>	1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) Line Dance Class (Pr. Rita T) Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) <b>12:00 Tai Chi (PR Gary Donovan)</b>	
25	26	27	28	29	30	31
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards <b>1:00 - 4:00 Bonnie Dozier, Senior Services S. East VA - Counselling &amp; Information Services. (By Appointment only)</b>	9:30 Exercise (PR Rita J.) Line Dance Class (Pr. Rita T) Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm	9:30 Yoga (PR Linda T.) <b>12:00 Tai Chi (PR Gary Donovan)</b>	

**Notes: Leonard Deline (one of the regular Card Players) will celebrate his 100th birthday August 6th. (his birthday is on the 9th of August). For more details see Newsletter.**