

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – DECEMBER 2019

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

Creeds Elementary Chorus Concert and Tree Decorating Tuesday, Dec. 3 2:00 pm at SRC

Don't miss this annual holiday visit by the kids from CES. Music Teacher, Robin Alexander, and Art Teacher Kelly Dudley will lead their talented students in this heartwarming round of carols and will trim our Christmas tree with their beautifully crafted decorations. The chorus members are fifth graders and they have great voices and spirit. After their performance we will provide them with cocoa, and we ask you to supply homemade cookies (**no nuts in the cookies, please.**) We would love to see a good turnout of our "members" and encourage you to attend.



FaLaLa Gala

Friday, Dec. 6 1:00-3:00 pm

Elf June Klag will again be hosting our annual Christmas party, the FaLaLa for all to enjoy. Bring your favorite Christmas nibble to share with your friends and get in the holiday spirit. A special musical presentation by the Back Bay Dulcimer group will entertain us with Christmas music.



Medication Safety Lecture Thursday, Dec.5 10:45 am



Nursing student Christina Atienza from Aspen University will share her knowledge with us regarding this very pertinent topic. Most of us

are most likely using at least a few prescription drugs daily, so we need to make sure we know how to do so safely. Christina is required to do a public presentation as part of her degree, so help show our support of her endeavor by attending this lecture.

Chinese Gift Exchange

Wednesday, Dec. 18 11:00 am

Here's another annual SRC tradition for your enjoyment, along with a few chuckles. Bring a wrapped gift (maximum cost \$10) and you will be given a number. In numerical order, you will pick a gift to open, but you will also be able to pick a gift that someone else has already opened. Hopefully there will be no need for a referee to intervene. This is a fun twist on a gift exchange and you will find it very entertaining. If you have never attended this kind of gift exchange, you are in for a lot of fun!

Christmas Day Pot Luck Lunch

Wednesday, Dec. 25 1:00 pm

No need for anyone to stay home alone on Christmas Day. Please join us for our annual get together. Don and Rita Trammell will provide the ham and you provide the sides and dessert. **If you would like to attend, please sign up at the Center or call the Center at 385-2175 by December 16** to let us know how many people will be attending and what dish/dishes you will bring to share. This feast has become another tradition at SRC, so come enjoy the food and fellowship. We appreciate all that Don and Rita do to provide this special celebration.



New Year's Eve Party

Tuesday, Dec. 31 2:00-4:00 pm

Here's another SRC tradition and a way to ring in the New Year early. If you like, dress up, or come in your sweats. Bring a treat to share and join your friends in celebrating the start of another year. No need to worry about staying awake till midnight to see the ball drop. You'll be able to be back home before it gets dark!

Angel Tree Gifts Due

If you signed up to be a holiday angel for a Creeds Elementary student, **please return your wrapped gift to SRC by Wed., De. 11th**. Please attach your original angel tag to the

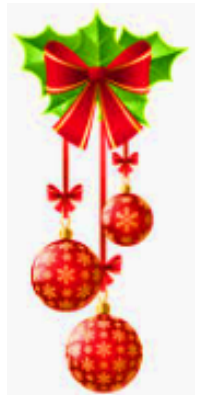
package, along with the receipt, in case the item needs to be exchanged. We will sort the gifts and deliver them to the school on December 13.

Thank you to all who have generously contributed to this yearly project. We know you brighten the holiday for many CES families and they are very appreciative.

Local Holiday Concerts

There are many wonderful concerts in our area during the month of December:

Virginia Voices International
 "Christmas at the Sandler",
 Thurs., Dec. 5 7 p. p.m.,
 Sandler Center \$19
www.vavoicesintl.org



Holiday Hangar Concert Sun.,
 Dec. 8 5:30 -8:30 Military Aviation Museum.
Free but reservations required, so stop by the museum or go online at
www.militaryaviationmuseum.org

Virginia Beach Chorale "Beautiful Music, Ugly Sweaters", Sat., Dec. 14, 7:30 p.m. Sandler Center. Senior tickets \$20, www.vbchorale.org

Holiday Pops Virginia Symphony Orchestra
 "Holiday Pops!" Sun., Dec. 15 7 p.m. Sandler Center Tickets from \$25 up
www.virginiasymphony.org

Handel's Messiah Singalong by Symphonicity Mon., Dec. 23, 8 p.m. Sandler Center **Free**, no reservation required.

A Celtic Christmas with the King's Chorus of Hampton Roads Friday, December 6 at 7 p.m. and Saturday, December 7 at 1 p.m. and 4 p.m. Roper Performing Arts Center For tickets: www.tccropercenter.org

Holiday Kindness

One gift we can give one another, at Christmas time and throughout the year, that costs nothing, is our kindness. This is especially true in these times of discord. Here's some food for thought:

Before you speak:

THINK!

- T** is it true?
- H** is it helpful?
- I** is it inspiring?
- N** is it necessary?
- K** is it kind?



If we can take the time to think before we speak, we can make this world a better place. It has been said that we speak more kindly to our pets than to each other, so be mindful of what you say and how you say it. As some of our mothers may have taught us, "If you have nothing nice to say, keep your mouth shut!" Try to remember that your smile or kind word can make a big difference in someone else's day!

SRC Board President Wins Special Award

On October 30, at the Princess Anne Rec Center Senior Showcase, the Mayor's Commission on Aging presented **Johnnie Williams**, our illustrious and long-serving president, with the annual "Dr. Lanny Hampel Award for Exemplary Service to Senior Citizens."

This prestigious award officially recognizes individuals whose service to seniors has been exceptional. The person's service or initiative must have extended significantly beyond the requirements of employment duties and responsibilities. **Johnnie Williams** has been our Board President for 10 of the 12 years the

SRC has existed. He donates endless time and energy to making our unique program a success, and we all owe him our gratitude. Congratulations, Johnnie—you are so deserving of this accolade.

Free Assistance with Federal Benefits

Thomas Zeir, Constituent Services Representative for Rep. Elaine Luria, is available to help you with concerns or problems you may be experiencing with federal programs like Medicare, Veterans' Services, Passports and Immigration, Social Security, the I.R.S. and much more. **You can call him directly at 364-7629** to explain your situation and he can provide information and referrals, or if necessary, he can set up a 1:1 meeting with you at SRC. If you have questions or are stuck in red tape when dealing with a federal agency, call him.

If their office is in a position to assist you, you will need to provide him with a signed "Constituent Consent and Information Form, which you can pick up from the counter at SRC or obtain online at: <https://luria.house.gov>

Prayers Welcome

Please keep our very special friend, Patty Holmes, in your prayers. She has been bravely fighting leukemia for years and has recently been in the hospital. She has been a wonderful supporter of the SRC and could be our "Miss Congeniality." Despite all her challenges, she is not a complainer and still has her sense of humor. If you'd like to provide some cheer, send a card to her at 917 Princess Anne Rd., VB 23457.



New Volunteers and New Members - We Need You!

The SRC, like most other community groups (civic leagues, P.T.A.'s and churches), is struggling to find new, active volunteers. In the 12 years we've been in operation, we have lost far too many of our original "members" to death, age and illness, as harsh as that may sound. We have also faced the challenges of finding new volunteers who are active and available to help with the day- to- day operation of the center. A few of those who helped start the center in 2007 are still the very same people doing the majority of the planning and running of SRC currently, and we are wearing out!



We are very appreciative of the dependable volunteers who have stepped up to the plate in recent years, but we desperately need to find more willing helpers so we don't overuse those newer volunteers. We determined that we need

40 regular volunteers each month, if each person covers just one-half day shift, Monday – Friday. Those shifts run from 9 a.m. – 12:30 p.m. and from 12:30 p.m. – 4 p.m. In past months we have had only 23 volunteers—meaning too many of them are having to volunteer for multiple shifts. There have been occasional shifts that could not be covered, so the doors were locked. This is **not** how we envisioned things and we need your help to rectify this growing problem.

Covering a volunteer shift requires no special degree, no tech knowledge and no fancy clothes- you just need to be friendly and willing to lend a hand. Training is quick and easy, covering basic things like how to handle our phone system and unlock the door. The most important duties are simply answering the phone and greeting visitors.

If you have a friend or a spouse, you could sign up together to keep each other company, play cards or work on a jigsaw puzzle. Some volunteers bring a book to read or a puzzle book to work on if things are quiet. If you prefer volunteering when there is more action, sign up for slots when an activity is scheduled—or even join an activity like exercise, if you promise to keep an ear out for the phone. If you are a regular afternoon card player, we'd appreciate you signing up on the calendar for a shift in the afternoon, so we'll know that slot will be covered.

Two large monthly calendars are always displayed on the oval table to your right as you enter the center. Once you have been oriented as a volunteer, if you bring your own personal calendar with you, you can compare it to the SRC master calendar and choose which day/s and shift/s you want to cover. Once you add your name and phone number to the calendar, you will receive a reminder call the day before.

We have included pleas for additional volunteers in many previous newsletters, so we know you are tired of our badgering. But we have seldom gotten responses and things seem to be getting even worse, with fewer and fewer active volunteers. It seems it's the same routine over and over, folks just assuming that "someone" else will do it. Won't you please check your calendar and see if you can share just one brief, 3 ½-hour stint each month so that the SRC can remain open daily? If you choose a specific slot each month, like the second Tuesday morning, you can make it into a regular habit and make your other needed appointments on other days. You'll quickly learn how good you will feel as a volunteer, making a difference for others and helping our center grow.

We want the Senior Resource Center to continue to flourish, but we cannot be successful without your help. Stop by the center to fill out a volunteer application, a simple one-page form, call us at 385-2175 or email us at ino@vbsrc.com. We need you!

We recently manned booths at the Creeds Elementary School Grandparents' Breakfast and the Mayor's Commission on Aging Senior Showcase and succeeded in signing up a sizable group of people who want to receive our newsletter so they will be added to our mailing list. If we're lucky, perhaps one or two of those new members may become volunteers. If you belong to a group that has regular meetings, we would be glad to attend a meeting to tell your member colleagues about the SRC. We are continually looking for ways to advertise our very unique program and to attract new, younger blood. Call the center at 385-2175 if you'd like us to visit your group or email us at info@vbsrc.com.



Social Security Benefit for 2020

Those of us who receive a monthly Social Security benefit will see an increase of 1.6% in our 2020 checks, starting January 1. This is the result of the annual Cost of Living Adjustment. It will amount to an average increase of \$24 per month—not much, but better than nothing.

Donations

Judith M. Hall for the center's use as needed

Dorothy A. Dough for whatever is needed

M. Arlene and Laurence Landon to be used as needed

Donna M. Levy to be used as needed

Nancy and Mike Newbill for holiday celebrations

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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December 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	1:00 Dominoes/Cards	1:00 Bingo/ Cards 2:00 PM Creeds Elementary Children Decorate Christmas Tree and Sing Carols.	1:00 Cards	8:30 Board Meeting 9:30 Exercise (PR Rita J.) 10:45 Lecture, Christina Atienza, Medication Safety (PR Johnnie W.) NO Line Dance Class	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) No Tai Chi 1:00 -3:00 Fa La La Gala (PR June K.)	Harbor Remembrance Day 2019 1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
8	9	10	11	12	13	14
	1:00 Dominoes/Cards	1:00 Bingo/ Cards No Ballroom Dancing in December- next class to star in January, if there is an interest.	<u>All Angel Tree Gifts Are Due To Be Turned in</u> 1:00 History & Cards	9:30 No Exercise Line Dance Class <u>Beginners WILL NOT MEET</u> <u>12:30 - 1:15 pm</u> Regulars WILL MEET 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan) 1:00 Cards	10:00 -12:00 Crafters (PR Pat Jenkins)
15	16	17	18	19	20	21
	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	1:00 Bingo/ Cards	11:00 Chinese Gift Exchange (PR Barbara White) 1:00 Cards	9:30 Exercise (PR Rita J.) No Line Dance Class	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan) 1:00 Cards	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
22	23	24	25	26	27	28
	1:00 Dominoes/Cards	1:00 Bingo/ Cards No Ballroom Dancing in December- next class to star in January, if there is an interest.	1:00 PM Christmas Pot Luck-RSVP Join in the holiday spirit. (PR- Rita & Don T) 	No Exercise No Line Dance Class	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan) 1:00 Cards	
29	30	31	1			
	1:00 Dominoes/Cards	2:00 - 4:00 PM New Year's Eve Party (PR Barbara H.) Ring in the New Year! 	Happy New year 