

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – FEBRUARY 2020

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

First Responders' Appreciation Lunch

Wednesday, Feb. 5 11:00 am



Have you ever wanted to be able to ask a policeman, fireman or rescue squad volunteer a question or find out how they do their job? Here's your chance to get up close and personal with Virginia Beach First Responders.

This is our annual thank you to all our dedicated First Responders to show them how much we appreciate all that they do for us, day in and day out. It's also a chance for our local emergency responders to get to know us and the Senior Resource Center.

SRC will provide the main entrée (pork roast), and we ask you to provide a side dish or dessert. We will begin at 11 a.m. and serve until after 1 to accommodate the different shifts of our local providers. Let's all come out and show them how much we care.

JOY

Africa Travelogue and Pot Luck Lunch

Tuesday, Feb. 18 10:00 am

An African Safari: Namibia: Stories and Photographs and Photographs
 What's the next best thing to going on an African safari yourself? Seeing the photographs and listening to the stories of someone who has

just returned from one! Join us at the Senior Resource Center for a free presentation as we gather to hear David and Holly Fox tell about their journey to the African nation of Namibia, and see some of the amazing photographs they took to document their trek into the wilds. Here's your chance to learn about a part of the world that may be foreign to you, and you won't need a passport.

Bring a dish or dessert to share at our pot luck lunch after the presentation, and come at 9:30 a.m. if you'd like to have your blood pressure checked.

History Meeting

"A Revolutionary Skirmish at Pungo Chapel?"

Wednesday, Feb. 26 1:00 pm

Did you ever want to be a detective? Do you like history, especially of the Revolutionary War era? If the answer to either of these questions was "Yes" then we've got a deal for you.

Please join us on February 26, at 1 o'clock, for our local history session when we will hear from Christopher Pieczynski, who recently completed research concerning "The Skirmish at James's Plantation." According to that paper, we heard for the first time that the "skirmish" possibly extended down to the Pungo Chapel, located in the area of Pleasant Ridge and West Neck.

Nothing in our known history or local legend had mentioned that possibility. Did it happen in the fashion described in the hand written diary of Johann Ewald, the Hessian Captain of a Field Jager Corps, on which this presentation is based? Maybe.

Our local historians are busy gathering all of the deeds and data that we have about the area to see if the accounts “fit.” This is what makes history so much fun, and we would love to have the participation of anyone who wants to join the investigation, or just watch and listen as we attempt to fill in the blanks of our local history. If you want to help with our research, call Barbara Henley, 426-7501, or just come to our session on February 26 and see what we have discovered.

One Quilt, Many Threads Black History Month Celebration

Friday, Feb. 28 1:00 pm

Rita Jones, a local Creeds resident who belongs to the Chapter of the Virginia Beach Writers (ODU/ Norfolk State University) , has graciously agreed to produce our program in honor of Black History Month. The Black History exhibit, “One Quilt...Many Threads,” will enlighten and bring together all ages within our neighborhood, city and, perhaps, state. The purpose is to stitch and unite all cultures of diversity by means of facts rather than fiction. The desire is to sew threads of beliefs and dreams that are unequivocally motivated by respect, positive attitudes, skills and knowledge. We can all learn from each other. The bonus will be entertainment, music by students from Creeds Elementary, poetry and a plethora of delightful desserts. So, come on out on Friday, February 28th at 1 p.m. prepared to learn and grow in knowledge of our diverse community. **Please bring a dessert to share after the program.**



Sea Level Wise Adaptation Strategy

Public Meeting at Creeds Elementary School

Wednesday, Feb. 5 6:00-8:00 pm

The City of Virginia Beach is seeking input on the Sea Level Rise Adaptation Strategy. The City has completed a draft of the report that will address flooding and future flood risk and the Department of Public Works is hosting public meetings to gather resident input on the report. This is a critical issue that concerns many of us who live in flood-prone areas, so take this opportunity to learn about the plans and share your concerns. The threat of sea level rise is a very real one, and it's one for which coastal regions like Hampton Roads must face and prepare.

Public Meeting information:

Jan. 28, 6 to 8 p.m.

Kempsville High School
5194 Chief Trail

Jan. 30, 6 to 8 p.m.

Princess Anne High School
4400 Virginia Beach Blvd.

Feb. 3, 6 to 8 p.m.

Virginia Beach Middle School
600 25th St.

Feb. 5, 6 to 8 p.m.

**Creeds Elementary School
920 Princess Anne Road**

Feb. 12, 6 to 8 p.m.

Kellam High School
2664 West Neck Road

Feb. 15, 10 a.m. to noon

Cox High School
2425 Shorehaven Drive

For more information, visit VBgov.com/pwslr.
Email questions and comments to [SLR-
comments@VBgov.com](mailto:SLR-comments@VBgov.com).

Spotlight on Our Past: Skirmish at James Plantation Pungo-Blackwater Library Thursday, Feb. 6 5:30-6:30 pm

History lost to time can also be history re-discovered: For instance, did you know about the infamous traitor Benedict Arnold sending Hessian troops against Princess Anne County militiamen in a Revolutionary War skirmish right here in Virginia Beach? Join us and get the facts from local Historian Chris Pieczynski as he details the once forgotten 1781 clash, which involved swamp crossings, burned bridges, and even gunboats on the North Landing River. Adults. Registration is not required.

Spotlight on Our Past: Princess Anne County Cemetery Survey Saturday, Feb. 22 2:00-3:00 pm

Do you have an interest in local history, or would you like to know more about the area that once was Princess Anne County? If so, join us on Saturday February 22 at 2 p.m. for a free program at the Pungo-Blackwater Library as local historian Barbara Henley shares some of her knowledge about Princess Anne County and the families who lived and died here. Adults. Registration is not required.

In Memoriam

The Senior Resource Center has lost several very special friends.

Lettie Dozier – In early December Lettie Dozier, a faithful member of the Resource Center, passed away. As long as she was able, Lettie served as a phone duty volunteer as well

as a regular attender of events at the Center. When she had to depend on others for rides after her beloved Pete died, she insisted that we get the bench located outside our entrance so that she could enjoy the weather while she waited for her ride.

Mert Whitehurst – Shortly after learning that he had a serious brain tumor, Mert lost his battle with the dread disease. We remember Mert as a driver of police cars left at the old substation for needed service, as well as a lover of music and good food.

Irene Frost- Shortly before Christmas, “Miss Irene,” as she was fondly known by all, passed away after a brief stay in a rehab facility. An avid domino and card player, Miss Irene came out to the Resource Center as long as she was able and hosted friends in her home when she could no longer travel. She was one of our early “members” who was instrumental in getting the SRC started.

Patty Holmes- Our beloved, Patty Holmes, passed away December 31, after a lengthy battle with leukemia. Patty was “Ms. Congeniality” at the SRC, welcoming everyone with a smile, a joke and a hug. She never complained despite all her challenges and was always willing to do anything needed by anyone. Her goofiness and upbeat attitude will be sorely missed. Special thanks to Rita Trammell, Pat Jenkins and the Whites for helping so much and to her 3 daughters for their care and love.

Walt Whitehurst- Walt passed away Jan. 4. He was a retired United Methodist minister, including a stint at Charity UM Church, and he and his beloved wife Betty served as missionaries in Chile for several years. SRC members knew him as a talented ukulele player and singer, accompanying Betty, and as our official grace giver. His wry sense of humor always made us laugh, and his gentle spirit brightened our days. His smile and hugs will be missed.

We have lost so many of our loved and valued members in recent months, and we are

reminded never to take life for granted. If your loved one has not been named here, it is not our intent to omit anyone; however, all are remembered by the groups in which they participated, and we are sure their loss is felt in those groups.

Social Security Benefit Increase

Did you notice the increase in your Social Security check in January? A 1.6% cost-of-living adjustment kicked in January 1st. The average beneficiary received a jump of about \$24 a month. But don't get too excited--- the premium for the majority of Medicare B beneficiaries also increased nearly 7%, from \$135.50 a month, to \$144.60

Senior Services' VICAP Certified Medicare Benefits Counseling

Bonnie Dozier, Benefits Team Leader at Senior Services of Southeastern Virginia, will resume her counseling sessions at SRC. She will visit the center on the 4th Wednesday of every month from 1 – 4 p.m. for 1:1 sessions that will last 30-45 minutes each. A sign-up appointment sheet will be kept on the sign-in lectern. She provides unbiased counseling and her service is free. She can help you:

- Apply for Medicare benefits
- File Medicare claims and resolve billing issues
- Enroll in a Medicare Prescription Drug Program (Part D)
- Choose a Medicare Advantage Plan
- Choose Medigap (Supplemental) Plan
- Explain the differences between Original Medicare, Medicare Advantage Plans and Medigap Plans

- Understand your Medicare premiums
- Check Eligibility for assistance with Medicare Cost and assist with applications
- Direct to other Service that might be available through Senior Services of Southeastern Virginia

Save the Date Sunday, March 15 3:00 pm

Walker School of Irish Dance Performance at Creeds Elementary School We enjoyed last year's Irish dancers and entertainers so much, we are moving next door to the school so more of us can enjoy their talents. There will be a dessert social at the Center after the performance, so please bring a sweet to share. **No Ballroom Dance Lessons** Due to lack of response, ballroom dance lessons will not resume. You'll just have to suffer with those two left feet!

Military Veterans Sought

Several projects are seeking veterans:

World War II Veterans Wanted

If you are a veteran of WW II, you are invited to participate in a local documentary photography project. Jessica Hubbard, a Chesapeake professional photographer, has launched a project to record portraits and stories of the surviving WW II veterans in Virginia and potentially beyond. She hopes to compile them in a possible book or exhibit. She wants to capture their stories before time runs out, as more veterans pass away daily.

An estimated 9000 veterans reside in Virginia and Mrs. Hubbard hopes to interview and photograph those whom she can locate. The sessions would be free. If you are a World War II veteran or know one locally, contact her at: email: jessnicolephotography@gmail.com and visit her website at www.jessnicolephotography.com

The Center for American War Letters

(COWL) is a unique and extensive manuscript collection of war letters from every American conflict, beginning with handwritten missives composed during the Revolutionary War and continuing up to emails sent from Iraq and Afghanistan. These personal, war-related correspondences are a vital record of the collective memory of the American people, as witnessed and articulated by service members, veterans, and their loved ones, who experienced these wars firsthand. Through its **Million Letters Campaign**, founder Andrew Carroll is seeking to preserve at least one million war-related correspondences from every conflict in U.S. history.

“These letters and emails help us to honor and remember the troops, veterans, and military family members who have served this nation. These are their words, their stories, their voices,” says Carroll, “and no one can tell their stories better than they can. I also hope this project will encourage service members and veterans to write letters to their loved ones about their experiences, even if they relate to events that happened years or even decades ago.” Original letters are preferred, but photocopies and scans are also gladly appreciated. We are also interested in letters from the home front, as the spouses, children, parents, siblings, and other loved ones of troops make enormous sacrifices, too, and their stories and voices should be preserved as well. Contact the center at:

COWL

Chapman University
One University Drive
Orange, CA 92866

Website: www.warletters.us and email at warletters@chapman.edu

DONATIONS

Daniel and Sarah Burke in memory of Patty Holmes

Cecil and Adabelle Riddick to be used for food at the Center

Beth Swanner in memory of Patty Holmes and Walter Whitehurst

June Klag in memory of Randy Merrell, Debbie Perkins Sanderlin, Pat Brumley, Pat Wyatt, Lillie Murphy, Melinda Lukei, Albert White, Faith Scullion Johnson, Page Eaton, Stella Collins, Mert Whitehurst, Lettie Dozier, Irene Frost, Patty Holmes, and Walt Whitehurst

Nancy and Mike Newbill in memory of Patty Holmes and Rev. Walt Whitehurst

Anne and Jim Bright in memory of Irene Frost, Lettie Dozier, Mert Whitehurst, Patty Holmes and Walt Whitehurst

Susie and Frank Audette in memory of Patty Holmes

William Lehr to be used as needed

Rae and Johnnie Williams in memory of Mert Whitehurst

W. Kenneth Wilson in honor of Barbara Henley

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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February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
e						1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
2	3	4	5	6	7	8
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	10:00 Emergency Preparedness 11:00 First Responders Luncheon (PR. Anne B) 1:00 Cards	8:30 Board Meeting No Exercise No Line Dancing 5:30-6:30 PM Pungo-Blackwater Library - SKIRMISH AT JAMES PLANTATION	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	10:00 -12:00 Crafters (PR Pat Jenkins)
9	10	11	12	13	14	15
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan) Happy Valentine's Day 	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
16	17	18	19	20	21	22
	1:00 Dominoes/Car 2:00 Photography (Shutterbugs) (PR Sharon Prescott) No School	9:30 Blood Pressure Testing 10:00 JOY, Topic (African Safari, with David & Holly Fox) Pot Luck to follow (PR _____.) 1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	2:00 -3:00 PM Pungo- Blackwater Library - PRINCESS ANNE COUNTY CEMETERY SURVEY
23	24	25	26	27	28	29
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 History - Historian, Chris Piecynski - "A Revolutionary Skirmish at Pungo Chapel" Cards 1:00 - 4:00 Bonnie Dozier, Senior Services S. East VA - Counseling & Information Services. (By Appointment only)	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:30 pm Regulars 1:45 - 3:30pm (Pr. Rita T)	No Yoga 10:45 Writing (PR Jan Donovan) No Tai Chi 1:00 One Quilt, Many Threads (PR Rita Jones) Bring Desserts to Share	Leap Year Leap Day