

Future Programs

The Activities Committee which plans our monthly activities, lectures and special celebrations needs your input and advice. We have tried to line up a varied assortment of presentations and parties in past years, but it's always a puzzle as to what will be of interest to our members. It has been disappointing to see only a small number of attendees at many lectures, while sizable attendance at regular activities like exercise, line dancing, tai chi and yoga has been encouraging.

When 60 Creeds Elementary School chorus members visited us on Dec. 3, there was barely a handful of us seniors to enjoy their caroling and Christmas tree decorating. What a lovely concert it was! Sorry if you missed it. What can we do to entice more of you to attend this annual event next year?

We have tried to offer an educational lecture monthly as our name, the Senior Resource Center, suggests that we provide resources. While some of us may feel we get enough information online, from our doctor, or from one another, we feel it is beneficial to provide up-to-date information about medical issues, legal concerns, fraud, etc. from local experts. We have been fortunate to have found so many speakers who have been willing to drive to SRC to educate us about pertinent topics.

If you can help us with ideas for future activities, suggestions for lecture topics or names of potential speakers, please get in touch with us. Call 385-2175 and leave your name and number or email us at info@vbsrc.com. If you have an interest or talent in a specific area, we'd love to hear from you. Whether you'd like to be a speaker for a one-time lecture or perhaps start up a new, regular activity, let us know.

The Center is now in its 12th year and we are in need of recharging.

Volunteers Still in Short Supply

Oh, no! Not again! We don't want to beat a dead horse, but we are at a critical juncture at the Senior Resource Center, trying to keep our doors open all week. There have been times the doors have been locked due to no volunteer signing up for a slot. We have pleaded for more helpers, but have seen just a very few new volunteers step up to the plate. If you can help spread the word of our dire need by telling your friends and neighbors, we would be most appreciative.

If you are newly retired and looking for a way to add some purpose to your free time, please consider signing up as a volunteer. A volunteer only has to provide 3 ½ hours once a month to ensure that the SRC can stay in operation. It's a simple task- greeting guests and answering the phone and orientation is quick and simple. Call 385-2175 or email info@vbsrc.com

Glaucoma Awareness Month

January is Glaucoma Awareness, an important time to spread the word about this sight-stealing disease. Currently, more than 3 million people in the United States have glaucoma. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have