

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER — JUNE 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>

### Special History Group Meeting

Wednesday, June 12 12 noon

Come earlier than usual and enjoy our pot luck lunch (please bring a dish or dessert to share.) After lunch you will hear a special presentation of a historical piece written by our beloved Houston Shirk. This meeting will honor the 100<sup>th</sup> anniversary of Women's Suffrage. On May 21, 1919

### The Benefits of Laughter Lecture and Pot Luck

Tuesday, June 18 11:00 am

Katrina Parker, Community Liaison with Brightstar Care, a home care agency, will help us find the lighter side. The value of laughter and humor was noted in 1979 in a famous book, *Anatomy of an Illness*,

by Norman Cousins. While battling a painful disease, he discovered that laughter is the best medicine. He said, "I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep." When the pain-killing effect of the laughter wore off, he would watch another funny movie and often it would lead to another pain-free interval. Come have a laugh or two with us, and then enjoy our pot luck lunch. Bring a dish or dessert to share and also bring one non-perishable food item for the local Food Pantry.



### Camp Evergreen: Pruning Your Trees and Shrubs

Tuesday, June 25 10:00 am



Master Gardener, Michelli Booker, will teach you the basics of pruning shrubs and trees in your landscape. Included is information on tools, when to prune, how to make correct pruning cuts, and the many reasons for pruning. Registration is not required. This Pungo-

Blackwater Library program will take place at the Senior Resource Center. A pot luck lunch will follow the program so please bring a dish to share if you would like to participate.

### Medicare Counseling

Wednesday, June 26 1 - 4 pm

Bonnie Dozier, from Senior Services of Southeastern Virginia (our Area Agency on Aging) will be at SRC to meet privately 1:1 with you to help you with questions and concerns about your Medicare benefits as well as to provide information about other resources and services. The counseling is free, but you do need to call SRC at 385-2175 to sign up for a session.

Happy  
*Father's*  
Day

## In honor of Father's Day, June 16, 2019 **My Dad**

By Vicky Frye, June 2015

If I could write a story,  
It would be the greatest ever told.  
I'd write about my daddy,  
For he had a heart of gold.  
My dad, he was no hero  
Known around this world.  
He was everything to me,  
For I was his baby girl.  
I'd write about the lessons.  
He taught me right from wrong.  
He instilled in me the values  
That one day I'd be strong.  
He taught me to face my fears,  
Take each day as it comes,  
For there are things that we can't change.  
He would say what's done is done.  
He would say hold your head up high,  
Carry yourself with pride.  
Thanks to him, I am somebody,  
I will never run and hide.  
If I could write a story,  
It would be the greatest ever told.  
I'd write about my daddy,  
For he had a heart of gold.



## Active Threat Citizen Defense

(A.T.C.D.) is a free workshop put on by the Virginia Beach Police Department on Saturday, June 1, from 10am - 2:30pm. The workshop, hosted by Coastal Community Church, 2800 S. Independence Blvd., Virginia Beach, VA 23462 aims to enhance preparedness for citizens to "rise to the occasion" instead of "settle to the level of their training." Having to face an armed individual with bad intentions is every person's worst nightmare. You can't stop evil, you can only respond to it. The aggressor's actions are not your fault; failure to plan and failure to train, is. All persons can help prevent and prepare for potential active threat situations. Preparation can lessen the risk of one of these incidents and, if one occurs, can mitigate or reduce the number of potential victims.

Instruction will show you how to:



- Recognize hostile situations and how the mind reacts.
- Realize how items around you can be utilized to defend yourself and save your life.
- Understand how the body reacts during stressful situations.
- Perform a "no-skills needed" maneuver to combat a gunman.

The training is open to everyone and preregistration is required. To RSVP or if you have any questions, please contact Master Police Officer David J. Nieves at [dnieves@vbgov.com](mailto:dnieves@vbgov.com) or reach Officer Nieves at 385-1338 if you don't use computers. There will be a 30 minute lunch break so pack a lunch.

## U.S. Census Workers Needed

The 2020 Census is gearing up and you can already apply for the following positions:

**Recruiting Assistant Positions**-Help us get the word out about 2020 Census jobs by calling on local organizations to request assistance in providing information about jobs to the people they serve, answering questions from the public about jobs, qualifications, and how to apply and conducting formal and informal presentations about 2020 Census jobs. These temporary positions provide excellent pay, flexible hours and paid training

**Census Takers** Census jobs provide excellent pay, flexible hours, weekly pay and paid training. Census jobs in our area pay a minimum of \$18.00 an hour and include .58 cents per mile for those who use their personal vehicles for Census work. Some Census jobs are opening now, but the majority of positions will open from July 2019 through June 2020. Due to processing times it is recommended that applicants apply right away to avoid future hiring delays. All jobs can be applied for online at [2020census.gov/jobs](https://2020census.gov/jobs) or by calling 1-855-562-2020.

The U.S. Census Bureau serves America as the leading source of quality data about the country's people, business, and economy. Since 1790, there has been a nationwide census every ten years. The 2020 Census will be the twenty-fourth census for the United States. Census data are disseminated to state and local governments, colleges and universities, and the private sector. For more information on the history and organization of the Census Bureau go to: <https://www.census.gov/history/>.

## Farmers Market Hoedown

### June Band Schedule 7-10 pm

June 7	Dallas Band
June 14	New City Sound
June 21	The Long & Short of It
June 28	Timeline

These outside concerts go on rain or shine. Bring a chair or blanket and your dancing shoes.

## Older Americans Month Theme

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encouraged older adults and their communities to connect with friends, family, and services that support participation; create by engaging in activities that promote learning, health, and personal enrichment; and contribute time, talent, and life experience to benefit others. This year's OAM theme, **Connect, Create, Contribute**, encouraged older adults and their communities to do the following:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.



## Know What's Below!

### Call 811 Before You Dig

Do you know what's below? We're getting into that time of year when everyone is doing yard projects. Always make sure you call 811 before you dig. A representative will take information about your project and notify the appropriate utility companies. They will then come to your site and mark any underground utility lines, including power and gas lines, communication cables, and water lines. Reminder, even seemingly simple tasks like installing a mailbox, planting a tree, or building a deck require a call to 811.



## 5 Questions to Ask Your Doctor Before You Get Any Test, Treatment or Procedure

1. Do I really need this test or procedure? Will it help diagnose or treat the problem?
2. What are the risks? Will there be side effects? Will the results be accurate?
3. Are there simpler, safer options? Could simple lifestyle changes like eating healthier or exercising more help instead?
4. What happens if I don't do anything? Will my condition get worse if I don't have the test or procedure right now?
5. How much does it cost? Will my insurance cover it, are there less expensive tests, could generic drugs be prescribed?

Use these 5 questions to talk to your doctor before you agree to tests, procedures or treatments.

From [consumerhealthchoices.org](http://consumerhealthchoices.org)

## Worried About Getting Dementia? Think Twice Before Buying Supplements

The U.S. Food and Drug Administration issued a statement in February, 2019, regarding 17 companies that sell dietary supplements to stop making false claims that their products can prevent or cure Alzheimer's disease. "These products may be ineffective, unsafe and could prevent a person from seeking an appropriate diagnosis and treatment." So far no drug has been proved effective at stopping or treating the disease. So, think twice before buying a pricey supplement in hopes of avoiding dementia and don't be fooled by the TV and newspaper ads that you see.



## Donations

Dorothy Dough in memory of my parents, John Marshall and Hilda Bruce Dough

Frances Etheridge in memory of Judy and Paul Brumley

William Lehr in support of our SRC activities

Helen Pittman to be used as needed



## VBAAlert

VBAAlert is the city's emergency alert and warning system. The city will send out VBAAlert announcements when there is a public safety situation. Events that could prompt a VBAAlert message include:

- Weather warnings (flash flood, tornado and severe thunderstorm warnings)
- Evacuation announcements
- Rabid animal alert
- Hostage/barricade situation
- HazMat spill
- Boil water advisories



The VBAAlert system sends messages to landline telephones in the affected area of the city without any action on your part. Residents do not need to be registered with VBAAlert in order to receive a VBAAlert message on their landline phone within city limits. However, if you do not have a landline telephone, you must register with VBAAlert in order to receive alerts via texts on your mobile device(s) or via email.

To register to receive VBAAlert messages on your mobile device(s) or in your email, go to [www.vbgov.com/vbalert](http://www.vbgov.com/vbalert) and register as a new user.

In order to register, you will be asked to give some contact details, and to give the addresses of areas that interest you. If the system does not correctly show the address right away, it will offer you an electronic map in which you may place a "pin" to show the system exactly where you mean. By giving an address or location,

you are saying that you want to receive VBAAlert messages that concern that location.

You will also be offered an optional list of Alert types to select from, to show what indicate what kind of event in particular you want to be notified about. After you make your choices, you will be asked to verify a summary of what you have entered, and then the process is complete.

VBAAlert is a free service provided by the city of Virginia Beach; however, standard text message rates may apply based on your cellular plan. Please check with your cellular provider for more details.

### 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

Shari Williams  
385-2175, Tue & Fri

#### 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](http://www.vbsrc.com) and help save printing and postage costs.

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards	8:30 Board Meeting 9:30 Exercise (PR Rita J.) <b>NO Line Dance Class</b>	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) <b>12:00 Tai Chi (PR Gary Donovan)</b>	10:00 -12:00 Crafters (PR Pat Jenkins)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	<b>12:00 Potluck Lunch followed by History - Women's suffrage (PR Barbara H.)</b> 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 Linda T.) 10:45 Writing (PR Jan Donovan) <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>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Fathers Day</b> 	1:00 Dominoes/Cards <b>2:00 Photography (Shutterbugs) (PR Sharon Prescott)</b>	<b>11:00 "Laughter is the Best Medicine" Lecture/Pot Luck Lunch (PR Nancy A.)</b> 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 Linda T.) 10:45 Conversations <b>"Topic TBD"</b> (PR Sarah Burke) <b>12:00 Tai Chi (PR Gary Donovan)</b>	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	1:00 Dominoes/Cards	<b>10:00 Master Gardener - Michelli Booker, will teach Pruning Trees &amp; Shrubs, Potluck Lunch to follow (PR Anne B.)</b> 1:00 Bingo/ Cards	1:00 History & Cards <b>1:00 - 4:00 Bonnie Dozier, Senior Services' VICAP Certified Medicare Benefits Counselors - See May's Newsletter for Details (Call the SRC for appointment)</b>	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 Linda T.) 10:45 Writing (PR Jan Donovan) <b>12:00 Tai Chi (PR Gary Donovan)</b>	
<b>30</b>						