

SENIOR RESOURCE CENTER, INC.

NEWSLETTER — JUNE 2019

IN OUR ELEVENTH YEAR

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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 100th 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