

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – MARCH 2023

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

Read and Share

Wednesday, Mar. 1 10:30 am-12:00

Want a book club with no pressure and no reading assignments? Join us on the first Wednesday of each month from 10:30-noon and enjoy a casual chat about popular books. Talk about titles you like and hear what others enjoy. Swap favorites old and new or spread the word about your favorite reads. Adults 18+. Registration not required.

Free Vaccination Clinic

Saturday, March 11 10 am-noon

Virginia Beach Department of Public Health Covid 19 Booster Shots , Moderna boosters are available for ages 6+ and Pfizer boosters are available for ages 12+. You are eligible for the bivalent booster if you have completed the primary series and it has been at least 2 months since your last booster dose. If you have already received a bivalent booster dose, you are up to date on COVID vaccinations. Second bivalent boosters are not authorized at this time. Walk-ins are also welcome. To schedule an appointment, visit <http://www.vase.vdh.virginia.gov>. Type "23457" into the zip code box. You can then select Moderna or Pfizer and schedule an appointment. If you need additional assistance scheduling an appointment, please call (877) VAX-IN-VA. The call center can assist with scheduling, answering questions about vaccination and other COVID-19 topics, and more.



Free At-Home Covid Tests

Every U.S. household is eligible to receive 4 home Covid 19 test kits. You can call CDC Info toll free at 1-800-232-0233 Menu # 1 or go online at www.covid.gov. Virginia Beach public libraries also have free Covid tests, except for the Great Neck branch which is currently closed for renovation.

Irish Dance Performance

Sunday, March 12 1:30 pm
Creeds Elementary School

Join us and bring your whole family to enjoy the talented dancers from the Rhythm of Ireland School of Irish Dance. We will watch them perform in the school cafeteria so we can all view their fleet feet! The recital will be free, but we encourage your donations for the dance troop. These dancers performed for us last March and they were outstanding. After the performance, join us back at the Senior Resource Center to enjoy some St. Patrick's Day goodies. Sorry, no green beer! We encourage you to invite your grown kids and your grandkids to attend, as this promises to be a great program.

Learning with the Library

Wednesday, March 15
11:00 am-noon at the SRC.

Did you know that Virginia Beach Public Library offers a cost-free program to assist residents ages 20+ the opportunity to obtain an accredited high school diploma? Or that the library offers hundreds of online courses to customers to improve or gain work or life skills? Join us to discover the many learning

opportunities offered through the library's digital programs. It is never too late to learn a new skill, hobby, or even take courses to make a career change. From online business and technology courses, language-learning classes or crafting and cooking courses, our digital library can assist you in reaching your personal and professional goals. Adults 18+. Registration not required.

Concert by Vocalist Joe Cerutti

Wednesday, March 29 1:00 pm

Our new member, Joe Cerutti, will serenade us with music from the 60's and 70's. This free concert will surely bring back some memories, and you are welcome to sing along. Come meet Joe and enjoy his singing. Afterward we will enjoy coffee and treats, so please bring some desserts to share.

Mahjong New Weekly Activity Every Thursday at 12:30 pm

Mahjong is a game begun in China over three hundred years ago, and is played with tiles instead of cards. The object of the game is to collect winning sets of tiles. You don't need to know how and it's easy to learn. Robin Wheeler will come at 11:30 to teach you the fundamentals of the game. Any questions you may call Robin at 757-968-9608. Learning new things can help you keep your brain sharp, so we hope to see you there! Thanks, Robin, for offering to lead this new group.



Bonkers for Bunco!

Monday, March 27 1:00 pm

Looking for a fun, social game that involves zero skill but 100% luck? Roll the dice and join us for the ever-popular game of BUNCO and see how lucky you can be! Adults 18+. Registration is recommended. Call 757- 385-0150.

AARP Tax Aide at Central Library

Once again, AARP volunteers will help you file your taxes if you are 60 years or older and have low or middle income. There are no longer any walk-in appointments. Call 757-431-3060 to make an appointment, through April 18.

Creeds Ruritan 47th Annual BBQ and Spring Craft Fair Saturday, March 18 11 am-5:00 pm

Creeds Ruritan Community Complex 1057 Princess Anne Road 23457. Admission is free. BBQ tickets are available online at www.creedsruritan.com and also at Pleasant Ridge NAPA, Back Bay Auto Repair and Ruritan members. Donation \$12 per meal, dine in or drive through. The Senior Resource Center will have a table there, so be sure to stop by and say hi.



Self Guided Tour of African American History in Virginia Beach

If you missed the great lecture in February by Dr. Amelia Ross- Hammond, you can pick up a copy of the brochure at SRC. You can also see it online at www.assets.simpleviewinc.com It's amazing to learn about the history of area historical sites, some of them very near the SRC.

Dr. Ross-Hammond also spoke to us about her grand new project, the **Virginia African American Cultural Center**, to be built on Newtown Road, near the Lake Edward area. Check out the unusual building design online at www.vaaccvb.org. It will be a place where local residents and visitors can learn about the richness and diversity of the African American experience relating to their lives, historically, aesthetically and culturally. The Center will transcend race and unite the history of many older communities by sharing stories that shaped the fabric of the Commonwealth of Virginia and will highlight the contributions and achievements of African Americans to the region.

IRA Charitable Contributions

Did you know that if you are subject to required minimum distributions from your traditional IRA, you can avoid paying taxes on that distribution? You can authorize a direct contribution from your IRA to a recognized 501(c)(3) charity. That distribution needs to be made by year end. That qualified charitable distribution can be deducted from your taxable income. Keep that in mind, as the Senior Resource Center is a 501(c)(3) charity, and we depend entirely upon donations to stay alive.

Save the Dates for April

Mark your calendars for:

Wed., April 19 at 11 a.m. for a lecture regarding end-of-life issues and advance directives.

Mon, April 24 at 11:30 a.m. for the Annual Volunteer Appreciation Catered luncheon for volunteers only.

Speak Up Virginia Beach

The City of Virginia Beach has launched a new system by which you can give your two cents about issues the city is considering. It's done online at www.speakupvb.com So, don't just complain about what you don't like, take the time to share your opinions and suggestions.

New and improved City Website

The City of Virginia has also rolled out a new website at www.virginiabeach.gov. Their old site, vbgov.com, is still operational and will remain up until the change is complete. The new site should be easier to navigate, with new tools.

Senior Fraud Resources

Financial scams and abuses that target older people are happening more and more. Reporting suspected fraud is the first step. Reporting can help authorities try to stop those who commit fraud and also help prevent others from becoming victims. According to FBI statistics, in 2021 there were 92,000 fraud victims over the age of 60, causing losses of over \$1.7 billion!! This was an increase of 74% over the amount lost in 2020. And these numbers just represent reported cases of

fraud. Too many seniors are embarrassed about being scammed and don't tell even their closest relatives, let alone file a report. In honor of National Consumer Protection Week, March 5-11, here are some important numbers for victims to report a scam:

National Elder Fraud Hotline 1-833-372-8311 Mon. – Fri. 10 a.m. – 6 p.m. EST.

Virginia Beach Police Department Detective Bureau Ask for an Economic Fraud Detective 757-385-4101

FBI Internet Crime Complaint Center (IC 3) 1-800-225-5324

Connect With a Wish Donations Needed

SRC members can donate items year-round to this great local charity that serves area foster kids. They have ongoing needs for: baby wash, baby shampoo, baby lotion, diaper cream, pacifiers, size 2 diapers, toddler shoes of all sizes, boxer shorts all sizes, and mens' socks all sizes. Look for the bin to your left as you enter our center.

Charity United Methodist Church Food Pantry

The SRC fully supports the food pantry for our area. Since we do not charge any membership fee to become a member of the SRC, we encourage you to get in the habit of bringing at least one non-perishable food item to donate whenever you attend a center event. It's so easy, just buy one extra canned or boxed item when you're at the grocery store. With food prices going up so much, it's even harder for

families and individuals who are on very limited budgets to make ends meet. Thank you for your support.

Nursing Home and Assisted Living Lists, Ratings and Inspections

Are you facing the placement of a loved one into an assisted living facility or nursing home locally? If so, there are resources available for you to narrow down your search. The State of Virginia Department of Social Services provides both a master list of area licensed assistive living facilities, but they also list inspection results for each place. Check out: <https://virginia.gov/facility/search/alf.cgi> or just search keywords Virginia DSS and look for assisted living information.

If you are looking for licensed nursing homes for intermediate, long-term care, Medicare provides helpful ratings of local facilities. Go to: www.medicare.gov/care-compare. They use a 5-star rating system, so you can see how each site measures up. They compare the quality of care and staffing ratios. Keep in mind that there is a critical shortage of certified nursing aides in facilities and in home care agencies as well, so almost all nursing homes and agencies are struggling with too few aides.

New EVMS Institute Opens

The EVMS Laurence J. Goldrich Institute for Integrated Neuro Health will provide comprehensive, multidisciplinary care for patients diagnosed with Parkinson's and other neurodegenerative diseases. It will also provide support systems for patients and their families, improve access to new drug therapies and clinical trials, and accelerate research. Search

using keyword EVMS Goldrich Institute to learn the details about this This is the first and only center of this kind in all of Virginia. Call 757-446-7040 for more information or to make an appointment. The Glennon Center for Geriatrics and Gerontology, a well-established center that provides services seniors with complex medical and physical issues as well as cognitive memory problems, will continue to operate at EVMS. Both programs are now housed in Andrew Hall, 4th floor, 721 Fairfax Avenue, Norfolk VA 23507, adjacent to Sentara Norfolk General Hospital. We are very fortunate to have these two specialized programs in our area.

Stroke – there’s treatment if you act FAST.



Thank You!

Thanks to all the worker bees who helped prepare for and host the First Responders luncheon Feb. 15. We found out how many of us are needed to fill Anne Bright’s shoes and made us more aware of how much she and Jim do for us all the time.

Donations

- Beth Swanner** for kitchen needs
- Thomas Ackiss** for the good work the center does
- Arlene Landon** to be used as needed
- Jean and Alex Lewis Jr.** to be used as needed

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
 Nancy Allan 422-1292
 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 and help save printing and postage costs.



 <h1 style="text-align: center;">March 2023</h1> 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:30 - 12:00 Read and Share (R Angie V)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mahjong	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	1:00 Game Day (PR Jo-Ann R.) 
5	6	7	8	9	10	11
		9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mahjong	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	Covid Booster Shots by The Public Health Department 10:00 AM - 12:00 Noon (building will opened at 9:00 AM for setup)
12	13	14	15	16	St. Patrick's Day 17	18
St. Patrick's Day Celebration 1:30 PM - 4:30 PM Rhodes Academy of Irish Dance At Creeds Elementary School Refreshments @ SRC		9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	11:00 12:00 Library Resources (Angie V. PR) Registration Required Call (757) 385-7790	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mahjong	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	Creeds Ruritan Club's Annual BBQ and Craft Fair 11:00 - 5:00 PM 6:00 to 9:00 PM Game Night (PR Rita T.)
19	20	21	22	23	24	25
	10:00 Crafters for Charity (PR Gaby M.)	9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley) 1:00 - 4:00 Questions on Medicare-Medicaid 1:1 Benefits Counselling (PR Eileen Churchhill)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mahjong	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	
26	27	28	29	30	31	
	1:00 Bunco (PR Angie V)	9:30 Exercise (PR R. Joyner) 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 Vocalist Joe Cerutti Bring Desserts to Share (PR Nancy A.)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mahjong	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	
Notes:						