

SENIOR RESOURCE CENTER, INC.

NEWSLETTER—MAY 2019

IN OUR ELEVENTH YEAR

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

What to Do About Vertigo

Lecture Tuesday, May 7 10:00 am



Do you ever get that dizzy feeling and wish you knew what to do next? Let Crystal Dupilka and Justin Moore, Physical

Therapists at Sentara

Therapy Center (located on Healthy Way, off of South Plaza Trail near Princess Anne Road) explain all about vertigo and vestibular disorders while giving you tips and tricks to help you on your way back to health. We know many of us have had dizzy spells and falls, so here's your chance to learn some tricks.

Farmers Market Hoedown Band Schedule for May

Outside at the Farmers Market 3640 Dam Neck Road Virginia Beach, VA 23453 (at the intersection with Princess Anne Road) Friday Nights from 7 - 10 p.m. Rain or Shine. Bring a lawn chair or blanket to enjoy free, live, local music. You can line dance or just sit and listen to the music.

May 3	Dallas Band
May 10	New City Sound
May 17	The Long & Short of It
May 24	Timeline
May 31	The Mann Act



Mother's Day Tea

Friday, May 10 1:00-3:00 pm

June Klag will be the illustrious hostess for this popular annual celebration. If you like to dress up and don a hat, this is your chance to wear your finest, but fancy duds are optional. Please bring a dessert to share. Dads are welcome to attend too.



JOY

Lecture "Meet the Museum"

Tuesday, May 21 10:00 am

Linda McGraw, Master Docent at the Chrysler Museum in Norfolk, will be the guest lecturer. Her presentation begins at 10 a.m. but come at 9:30 a.m. to have your blood pressure checked. Please bring a covered dish or dessert to share at the pot luck lunch after the lecture and try to remember to bring a non-perishable food item to donate to the Food Pantry.

Memorial Day and Pot Luck Brunch

Monday, May 27 10:00 am

Once again, we will begin next door at Creeds Elementary School at 10 for the flag raising by our local Scouts. After the ceremony, we'll return to the SRC for a pot luck brunch, so please bring a breakfast goodie to share. We'd like to have lots of veterans attend so all the scouts and their parents can meet them. If you are a veteran or are active duty, be sure to join us, or if you have a friend or relative who is a veteran, please ask them to come along.

What is a Mother?

A mother is someone to shelter and guide us,
To love us, whatever we do,
With a warm understanding and infinite
patience,
And wonderful gentleness, too.

How often a mother means swift reassurance
In soothing our small, childish fears,
How tenderly mothers watch over their children
And treasure them all through the years.

The hearth of a mother is full of forgiveness
For any mistake, big or small,
And generous always in helping her family
Whose needs she has placed above all.

A mother can utter a word of compassion
And make all our cares fall away,
She can brighten a home with the sound of her
laughter
And make life delightful and gay.

A mother possesses incredible wisdom
And wonderful insight and skill-
In each human heart is that one special corner
Which only a mother can fill!

Author: Katherine Nelson Davis

Grandma

~ Anon

While we honor all our mothers
with words of love and praise.
While we tell about their goodness
and their kind and loving ways.
We should also think of Grandma,
she's a mother too, you see...
For she mothered my dear mother
as my mother mothers me.



May is Stroke Awareness Month

Most of us already know the stroke awareness acronym **F.A.S.T.** Here's a new twist on it, **B.E.F.A.S.T.**:

Balance
Eyes
Face drooping
Arm weakness
Speech difficulty
Time to call 911



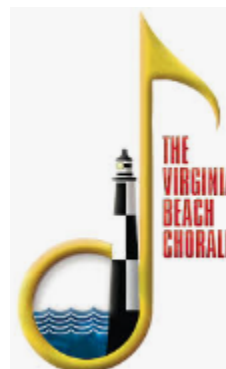
Did you know that every 40 seconds someone in the U.S. has a stroke? When a stroke occurs, calling for help fast could make all the difference. **BE FAST** is an easy tool to help you identify the signs of a stroke. If you notice these signs occur suddenly, call 911 immediately.

From Sentarastrokawareness.com

Virginia Beach Chorale Spring Concert

This talented choral group will give two performances of "Pop Goes the Chorale"- singing the most popular hits of the 60's, 70's and 80's: Sandler Center Sat., May 18 at 7:30 p.m. \$20 per ticket

Old Donation School (near Haygood Shopping Center)



Sun., June 2, 3 p.m. Adults \$20, Seniors \$18, Students \$15.

Purchase tickets at Sandler Box Office or online at www.virginiabeachchorale.org

City of Virginia Beach Plans Architectural Survey Update for Southern Virginia Beach

The Department of Planning and Community Development and the Historic Preservation Commission are planning to initiate a reconnaissance level architectural survey update for the southern half of Virginia Beach later this year. Mark Reed, Historic Preservation Planner, met with Barbara Henley's history group on March 27 to discuss the project.

Reed noted that the last broad surveys of architectural resources in the city were done in 1992 and 1993. He said that a survey update for the northern half was recently completed in 2018. The survey update of the southern half is expected to be completed in early 2020.

Reed said the focus areas for the survey will be:

- Address the list of *Identified Resources Not Surveyed* from the 1993 survey
- Survey residential resources in Sandbridge that date from the 1950s and 1960s
- Document some of the quickly disappearing historic agricultural support buildings, such as sweet potato houses
- Identify any potentially eligible National Register historic districts in the town areas, such as Creeds and Pungo, and in the rural areas

For more information about the planned survey or to provide information and ideas about resources to be included in the survey, contact Mark Reed at mreed@vbgov.com or 757-385-8573. To see previous architectural surveys, go to www.vbgov.com/historicpreservation and select the Certified Local Government tab. Links to the studies appear at the bottom of the page.

Greeting Cards

Did you know that the Senior Resource Center sends out a lot of sympathy and get well cards to our "members" and friends? You will usually find at least one group card on the table, awaiting signatures and well wishes. We welcome greeting cards as well as postage stamps. Lovely cards made by Hallmark are now available at Dollar Tree stores—either 2 for \$1.00 or \$1.00 each for the fancier line. Can't beat that price for a nice card. _

Virginia Livable Home Tax Credit Program



Did you know that the State of Virginia has a program that offers disabled residents/homeowners

tax relief? It can help offset the cost of either buying an accessible home or retrofitting your home to make it accessible. Retrofitting could include projects like installing a walk-in shower, widening doorways or building a ramp.

The Virginia Livable Home Tax Credit (LHTC) program is designed to improve accessibility and universal visitability in Virginia's residential units by providing state tax credits for the purchase of new units or the retrofitting of existing housing units. Tax credits are available for up to \$5,000 for the purchase/construction of a new accessible residence and up to 50 percent for the cost of retrofitting existing units, not to exceed \$5,000.

Individuals or licensed contractors filing Virginia income tax returns who have incurred costs for the purchase/construction of new residential units with accessibility or universal visitability features, or for the retrofitting of existing residential units with these features, on or after January 1, 2008 are eligible for the program.

Applications are due each year by February 28 for work completed during the year prior

For more information about the Livable Home Tax Credit program, visit www.dhcd.virginia.gov/LHTC or call (804)371-7124. It may be worth it for you to see if you qualify.

10 THINGS MONEY CAN'T BUY

1. Manners 🍴🍴
2. Morals 👍
3. Respect 🗣️
4. Common sense 💡
5. Trust 👤👤
6. Patience ⌚
7. Integrity 🤔
8. Character 💪
9. Virtue ❤️
10. Love 👩❤️👨

St. Patrick's Day Treat

Did you have the luck of the Irish by attending our incredible St. Patrick's Day celebration? We were blessed to have incredibly talented young women from the Walker Academy of Irish dance perform for us- dancing, flute playing and even poetry. We had an unexpected large crowd and we enjoyed a tasty Irish dinner prepared by Anne and Jim Bright. The dancers want to return next year, so if you missed them this time, be sure to attend next year.

Donations

Mike and Nancy Newbill - for St. Patrick's Day activities

Susan Myers - for the Center's activities

M. Arlene Landon - to be used as needed

Beth Swanner - to be used as needed

Barbara Vaughan – office supplies

June Klag – in memory of Ernest Brown, Judy Brumley, Paul Brumley, Minnie Whitehurst Bishop, and Paul Bishop

King's Choir

If you were able to attend the concert we advertised in April's newsletter, perhaps you find yourself interested in participating in such a community choir. 20 local churches are represented in the current group, as well as singers from the Hampton Roads area. The group rehearses the 1st, 2nd, and 4th Thursdays of each month from 10 AM -12 noon and Monday evenings from 6:30 – 8PM for those with only evening availability. The 3rd Thursday, they sing for senior adult and rehabilitation facilities. They also sing for Hospice, as well as church and civic organizations and sponsor several special event concerts annually. Rehearsals are located at Calvary Presbyterian Church, 150 Kempsville Road, 23503. You may visit their website at kingschoir.org for more information. This is a non-profit organization supported by members and donations of individuals who desire to participate. For more information you may contact Donna Thomas at 757-621-2569.

Whitehurst Buffington Fundraiser

May 16 7pm at Senior Resource Center

Originally built in 1793, the Whitehurst-Buffington House is in constant need of repairs for it to continue to endure. On Thursday night, May 16 from 7-8 pm, there will be a concert held at the Senior Center to raise funds for necessary repairs. Entertainment will be Frank Cabillo, of Fond Memories fame, doing his rendition of "Frank Sings Frank," a Sinatra salute. Donations of \$10.00 per person are requested. Please come out to enjoy the music and help to keep one of our local treasures in good repair.

Individual Sessions with Qualified Medicare Counselor

Bonnie Dozier with Senior Services of Southeastern Virginia will be coming to SRC on the fourth Wednesday of the month from 1-4 pm, starting on May 22nd, to meet with individuals/families for one-on-one unbiased counseling sessions as well as information on other services provided. The sessions will last 30-45 minutes and a sign-up sheet will be posted for appointments. There is no charge for these services which include the following:

Applying for Medicare benefits

Filing Medicare claims and resolving billing issues

Enrolling in a Medicare prescription drug program (part D)

Choosing a Medicare Advantage plan

Choosing a Medigap (Supplemental) plan

Explaining the differences between Original Medicare, Medicare Advantage Plans, and Medigap Plans

Understanding your Medicare premiums

Checking eligibility for assistance with Medicare cost and assisting with applications

Directing to other services that might be available through Senior Services of Southeastern Virginia

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 and help save printing and postage costs.



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			1:00 Cards	8:30 Board Meeting 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 No Yoga (Instructor Needed) 10:45 Conversations (PR Sarah Burke) No Tai Chi 7:00 PM Fond Memories 	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
5	6	7	8	9	10	11
	1:00 Dominoes/Cards	1:00 Bingo/ Cards 10:00 What To Do About Vertigo (PR Peggy J.)	1:00 History & 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 No Yoga (Instructor Needed) 10:45 Writing (PR Jan D) Tai Chi (PR Gary Donovan) 1:00 - 3:00 Mother's Day Tea (PR June K.)	10:00 -12:00 Crafters (PR Pat Jenkins)
Mother's Day 12	13	14	15	16	17	18
Happy Mother's Day! 	10:00 Photography (Shutterbugs) (PR Sharon Prescott) 1:00 Dominoes/Cards	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 <small>7:00 to 8:00 PM Whitehurst - Buffington House Foundation - Fundraiser "The Best is Yet to Come"</small>	9:30 No Yoga (Instructor Needed) 10:45 Conversations "Topic TBD" (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
19	20	21	22	23	24	25
	1:00 Dominoes/Cards	9:30 Blood Pressure Testing 10:00 JOY, Meet the Chrysler Museum Potluck to follow (PR Juanita S.) 1:00 Bingo/ Cards	1:00 History & Cards 1:00 - 4:00 Bonnie Dozier, Senior Services' VICAP Certified Medicare Benefits Counselors - See May's Newsletter for Details	9:30 Exercise (PR Rita J.) NO Line Dance Class	9:30 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	Strawberry Festival 
26	Memorial Day 27	28	29	30	31	
Strawberry Festival 	10:00 AM Flag Ceremony  With Honor & Gratitude We Remember	1:00 Bingo/ Cards	1:00 Cards	9:30 Exercise (PR Rita J.) NO Line Dance Class	9:30 Yoga (PR Linda T.) 12:00 Tai Chi (PR Gary Donovan)	