

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – OCTOBER 2024

Phone: (757) 385-2175 | Website: <https://www.vbsrc.com> | Email: [info@vbsrc.com](mailto:info@vbsrc.com)  
 Facebook: <https://www.facebook.com/vbsrcevents/>

## Senior Resource Center 17<sup>th</sup> Anniversary Celebration and Concert with Vocalist Joe Cerutti Sunday, October 13 2:00 pm



Joe sings at 2 p.m. and our social begins at 3 p.m. We have much to celebrate! Those of us who have been around since the very beginning, in October 2007, continue to marvel that the SRC is still alive and thriving. When we first opened, we weren't sure what we were supposed to do or be. Yet here we are, 17 years later, and we have exceeded our expectations. We offer a variety of activities and educational programs, all of which are completely free. We have never charged any membership fee as we have been very fortunate to receive ongoing donations from our supporters and fans. We are a 501c3 organization so your donations are tax-deductible. We appreciate that the City of Virginia Beach allows us the use of the building and we also appreciate the great partnerships we have developed in our local community, especially with Creeds Elementary School and the Pungo-Blackwater Library. Together, we have created a "village" that serves the seniors in the rural area of the city.

While we very much miss all those who were active in the SRC over the years who have passed away, or are no longer able to participate, we are grateful for the new members who are bringing new ideas and talents to our program. In the beginning, the City of Virginia Beach provided a social worker two days a week, but for the past 7 years or so, we have been staffed entirely by volunteers. Those of us who perform "desk duty" keep the doors open and the phone answered from 9 a.m.-4 p.m. every weekday. Other volunteers

also comprise our board, lead activities, process the mailing of the newsletter, plan our activity calendar, maintain the gardens and assist in maintaining the building and help behind the scenes to do whatever is necessary.

We know you are tired of hearing us beg for new volunteers, and we are tired of begging. But the fact is that as the center begins its 17<sup>th</sup> year, those of us who have been involved for years are now also 17 years older! That's why we are continually seeking new, younger volunteers with "fresh blood" and more energy. New volunteers also bring new ideas, suggestions and expertise, as shown by more recent activities like euchre, mahjong and Crafters for Charity. Becoming a volunteer is easy: you just call or stop by, fill out an easy application, and set up a brief orientation.

While some members aren't fond of our name, the Senior Resource Center, most of us think it's just fine. It describes us well- we cater to seniors, although we do not have any age restrictions. In fact, we really want to increase the number of "younger seniors", as mentioned above. Most of our educational programs are geared to seniors and cover pertinent issues and concerns. We try to provide resources in the way of information, education and referrals and newsletter articles. Hopefully we are proud to be called seniors, and we certainly benefit from senior discounts when we shop and dine out.

By the way, for the anniversary event, you don't need to bring any treats. SRC will provide cake, ice cream and punch. For once we won't ask you to bring a potluck dish. But we do encourage you to bring non-perishable food items for the Charity Food Pantry as their need for help is ongoing. We will also pass the hat for our entertainer.

## Creeds Ruritans Fish Fry Sat., Oct. 5 11a.m.-5p.m

At the Creeds Ruritan Community Complex. Tickets are \$15 each with children under five free. Purchase tickets online at [www.creedsruritan.com](http://www.creedsruritan.com)., buy them from a Ruritan member, or go to NAPA Auto or Back Bay Auto.

**October Programs provided by the Pungo Blackwater Library** If it's noted that registration is required, please call the library at 757-385-0150:

## Nature's Nanny Wildlife Rehabilitation: Animal Visit Saturday, Oct. 5 2:00 pm Pungo Blackwater Library

Come learn all about caring for sick, injured, or orphaned wildlife from the rehabilitators at Nature's Nanny Wildlife Rehabilitation. These expert rehabilitators will talk about how they rescue injured birds or other animals in danger and teach you what you can do to help. Meet live animal ambassadors and hear their stories. All ages are welcome and registration is not required.

## Scarecrow Workshop Monday, Oct. 7 2:30 pm Saturday, Oct. 12 2:30 pm Pungo Blackwater Library

Create your own scarecrow with all the necessary supplies provided. However, you are welcome to bring any items such as hats, sunglasses, fancy buttons, clothes, or outfits, which will add your special touch to your scarecrow. All ages welcome and registration is required. Only one registration is needed per family/group.

## The Witch of Pungo; The Evolution of a Legend Author Lecture Saturday, Oct. 19 2:00 pm Senior Resource Center

Grace Sherwood is a foundational part of Virginia Beach's/Princess Anne County's folklore. For generations people have shared legends about her to fill in the gaps missing from historical records. Using dozens of written stories and oral legends, we will explore the most famous tales about the Witch of Pungo and see how they have changed over the years and adapted to the times in which they were shared. Open to students Grade 9 through Adult; registration is required. Author Scott Moore is an associate professor of history at Eastern Connecticut State University and a native of Virginia Beach. His book, *The Witch of Pungo: Grace Sherwood in Virginia History and Culture* was recently published by the University of Virginia Press in 2024. Please bring desserts to share.

## Medicare Open Enrollment October 15 - December 7

This is the once-a-year period when you can make changes in your medical insurance coverage. You can:

- Join, drop or switch to another Medicare Advantage Plan
- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from a Medicare Advantage Plan to Original Medicare.
- Join, switch or drop to another a Medicare Drug Plan



## Upcycled Bird Feeders

Friday, Oct. 25 3:00 pm  
Pungo Blackwater Library

Help your neighborhood feathered friends prepare for the colder seasons with DIY bird feeders.

## Books Still Available

The books produced by the History group, *-Glimpses of Princess Anne County* and *In Remembrance- Princess Anne County Graves -Fields, Farms and Churches* are still available at SRC for \$22.00 each. These make great gifts for those family members interested in Princess Anne County history or genealogy

## Benefits Counseling at the Senior Resource Center

Eileen Churchill from Senior Services of Southeastern Virginia will again provide extended hours for us in October and November, as demand for help is great during Open Enrollment. She will be at the SRC on Wed., Oct. 23 from 9 a.m.-4p.m. You need to schedule an appointment for a 1:1 session by calling us at 757-385-2175. No walk-ins allowed. Ms. Churchill can offer you totally unbiased advice and will help you research your options and save you money on your premiums—all for free. She will also be available on Nov. 20.

## Covid Protocol at the SRC

With the number of Covid cases increasing locally, we want to remind you that if you are not feeling well and/or have a persistent cough, please stay home. None of us want to see our

nation return to pandemic restrictions with everything cancelled and face masks required, so let's do everything we can to stay healthy and not share germs.

## Vaccines Recommended for Seniors

The Center for Disease Control recommends these vaccinations for seniors 65 years and older:

- **Flu/influenza-** it's recommended we obtain this vaccine by the end of October and we should request the higher dose type of flu vaccine
- **Covid 19** the 2024/2025 vaccine is available, and it is recommended that all seniors obtain it.
- **Pneumococcal vaccine** to protect against pneumonia
- **Shingles-vaccine-** given in 2 doses.
- **RSV vaccine-** to protect against respiratory syncytial virus. Recommended for those over 75 or those under 75 who have certain chronic health conditions or live in a nursing home.

Check with your doctor to confirm which vaccinations you should get. Most drugstores and grocery stores provide these vaccinations.

## Scarecrow Clothing Still Needed by Pungo Blackwater Library

The library will be hosting a scarecrow workshop on Sat., Oct.12. If you grandchildren are getting rid of their outgrown clothes, including jeans hats, scarves and shirts as well as used Halloween costumes, please consider donating them. You can drop off items at the library (but not through the book drop) or at the Senior Resource Center by Oct. 9.

## Voting Dates to Know

This year's election day, Tuesday, November 5, is just weeks away. Be aware of the following deadlines:

- In-person early voting began September 20
- Last day to register to vote: October 15
- Mail-in ballot application: October 25
- In-person early voting ends: November 2

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## Final Farmers Market Hoedowns

This is the final month for these free outdoor concerts which are held Friday nights from 7-10 p.m. at the Virginia Beach Farmers Market, located at the intersection of Dam Neck and Princess Anne Roads. They are held rain or shine, and you can bring your chair or blanket. The hoedowns will resume next April.

Oct. 4	Dallas Band
Oct. 11	Timeline
Oct. 18	The Country Rockers
Oct. 25	Raw Bee T's

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## Marion Manor Oktoberfest Sunday, Oct. 20 2:00-4:00 pm

This annual event is held at St. Gregory the Great Gymnasium at 5345 Virginia Beach Blvd., VB 23462. The Happy Dutchmen German Band will perform along with their famous Burgermeister. The cost is \$5 per person which covers the music and meal. The gym is located right behind St. Gregory Church. Tickets must be purchased in advance in person at Marion Manor, which is located just behind the church complex. No tickets are available at the door.

## Medical Aid in Dying Legislation in Virginia

The Medical Aid in Dying legislation, a significant and compassionate measure, is set to be reintroduced in the Virginia Legislature in the 2025 session. This legislation, if passed, would provide a legal option for terminally ill adults to request and obtain prescribed medications to end their life peacefully in their sleep, should they find their suffering unbearable. It's crucial to understand that Medical Aid in Dying is distinct from suicide, assisted suicide, physician-assisted suicide, and euthanasia. The history of this legislation in Virginia shows a commitment to the cause, with previous bills such as SB280 and HB858 introduced in 2024 aiming to grant terminally ill residents the autonomy to make this profound end-of-life decision. While these bills did not pass, they laid the groundwork for future efforts. Compassion & Choices, a leading advocate for end-of-life care options, has been instrumental in this endeavor and offers resources and support for those interested in this legislation. Residents of Virginia who support this compassionate choice are encouraged to contact Compassion & Choices for further information and to contact their representatives and senators in the Legislature of Virginia if they wish to see Virginia join the ten states and Washington D.C., where Medical Aid in Dying is currently authorized and legal. This legislation represents a respectful and humane approach to end-of-life care, ensuring that individuals can choose a dignified and peaceful conclusion to their journey.

Compassion and Choices website: <https://compassionandchoices.org/> . Their Virginia Beach contact is Perry Patterson, (858) 395-0742, [perrysdca@yahoo.com](mailto:perrysdca@yahoo.com)

**Who's My Legislator?** If you are unsure who your legislators in Richmond are, you can use this handy online tool:

<https://whosmy.viriniageneralassembly.gov>

You can plug in your address or use map-based navigation to find your Virginia House and Senate representatives as well as those in the U.S. House and Senate.

## Easy Access to Resources

The State of Virginia Department for Aging and Rehabilitative Services (DARS) provides a great deal of information for citizens to explore services, support, programs and assistance. Go online to [www.easyaccess.virginia.gov](http://www.easyaccess.virginia.gov). You will be amazed by the areas this program covers!

## Attention Deficit Hyperactivity Disorder (ADHD)

Do you or a family member or friend have a diagnosis of ADHD? It's not for kids only, as many adults struggle with it too. If you are a parent, grandparent, spouse or friend of someone with ADHD, a new book may be of interest. *ADHD is Awesome* by Penn and Kim Holderness provides easy to understand explanations and recommendations from the perspective of someone with ADHD (Penn) and from the person (wife Kim) who is living with someone with ADHD. Families, as well as educators, can learn how to work better with the impulsivity, restlessness and inattention that often are part of ADHD. Our Virginia Beach libraries have this book, so check it out.



## Drug Disposal Bags

Just a friendly reminder that we have a good supply of these nifty free bags that you can use at home to safely dispose of unused and old medications. Find them in a basket on the oval table to your right as you enter the center.

## Free Smoke Alarms for the Deaf and Hard of Hearing

The Virginia Beach Fire Department Life Safety Office is able to provide these assistive devices for free to Virginia Beach residents. Call 757-385-2875 or go online at:

[www.vbdlifesaftey.com/smoke-alarms](http://www.vbdlifesaftey.com/smoke-alarms)

## Donations

Anonymous with no designation  
Johnnie and Rae Williams in memory of Don Spitzli and to be used as needed  
Larry Heidelbaugh to be used as needed  
M. Arlene Landon and Laurence Landon to be used as needed  
Anonymous with no designation

**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.

<p><b>President</b> Johnnie Williams 757 470-7186</p> <p><b>Vice President</b> Sharon Prescott 757 630-2660</p> <p><b>Treasurer</b> Pat Jenkins 757 618-5304</p>	<p style="text-align: center;"><b>Responsibility and Oversight</b></p> <p style="text-align: center;"><b>Hours of Operation</b> Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p>
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**Councilwoman**  
Barbara Henley  
757 426-7501

**Newsletter**  
Nancy Allan  
757 422-1292  
Anne Bright  
757 426-7832

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.

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		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.)	10:30 - 12:00 Read and Share (Angie V.)	*8:30 am Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	1:00 SRC Game Day (PR Jo-Ann R.)  **11:00am Creeds Ruritan** Community Complex Fish Fry & Craft Fair
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	2:30 Bonkers for Bunko at the PBL, Reg Req. (757) 385-0150 (PR Angie V)  <b>Happy Birthday SRC</b>	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 Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	2:30 -3:30 Scarecrow Workshop, Creeds Elem Cafeterium, Pre-Reg. (PR Angie V)
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
2:00 pm Vocalist "Joe Certi" 3:00 SRC 17th Anniversary Party Cake & Ice Cream	Columbus Day Federal Holiday SRC Closed  6:00-8:00 pm Creeds Athletic Assoc. (PR Brittany Nosay)	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.)	<b>The Senior Resource Center Will be Closed all Day for Restroom Repairs</b>	*No Line Dance Class 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	SRC 2:00 -3:00 pm Author Scott Moore Witch of Pungo Book Please Bring Desserts (PR Angie V) **6:00 to 9:00 PM** SRC Game Night (PR Rita T.)
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	10:00-12:00 SRC Crafters for Charity C4C (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)  9:00-4:00 Medicare 1:1 By Appt Benefit Counseling Sign Up (Eileen Churchill)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regular 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR) *3:00 pm Upcycled Bird Feeder Designs, PBL, Reg Req. (PR Angie V)	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	2:30-3:30 pm Digital Privacy Lecture & Security Pot Luck Desserts (PR N Allan)	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.)		Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg (PR Arlis Burney) <b>HAPPY HALLOWEEN</b>		

**Notes & Special Events: Saturday, Oct 5th, 11:00 am at Creeds Ruritan Community Complex, Annual 2024 Fish Fry & Craft Fair Also October 5th, 2:00 pm at the Library, Natures Nanny Wildlife Rehabilitation (All Ages Welcome) \*\*Happy Halloween\*\*\***