

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – SEPTEMBER 2024

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Fire Safety and Fall Prevention

Lecture and Potluck Lunch
Monday, Sept. 23 11:00 am

Jessica Xenakis and Kathleen Gill from the Virginia Beach Fire Department Life Safety Division will share information with us to make our lives safer at home and in the community. They will cover topics including prevention and preparedness, smoke and carbon monoxide alarms, cooking, electrical, smoking and pet safety, home escape planning, fall risks and fall safety tips and local emergency information. Don't miss your chance to learn how to avoid accidents and emergencies and enjoy their game of Trivia too. Please bring a dish to share at the potluck lunch as well as a non-perishable food item for the Food Pantry.

Pungo Blackwater Library Programs

We are very fortunate that the library next door to the center plans many activities and lectures, many of which we host at our center. They are valuable partners, and we benefit from their efforts.

Seashell Candles Craft
Friday, Sept. 27 3:00 pm
Pungo Blackwater Library

Add a beach-inspired touch to any space with delightful candles. Organic beeswax creates clean-burning, all-natural candles that are 100% biodegradable. This activity is for adults and registration is required. Call 757-385-0150 to sign up.

Fall Gardening with Farmer John
Wednesday, Sept. 18 2:30 pm

Come learn about fall gardening and soil health with locally renowned author and agriculturist, John Wilson. An expert in the field of organic gardening, he is the go-to person for help with understanding soil and compost and is ready to answer any of your gardening questions. If you missed his recent lecture at the SRC, be sure to attend this one. He is a wealth of information. This lecture at the SRC is open to adults and no pre-registration is required.

Farmers Market Hoedowns

These free outdoor concerts 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.

Sept. 6	Dallas Band
Sept. 13	Raw Bee T's
Sept. 20	Timeline
Sept. 27	The Country Rockers

Creeds Elementary School Opening Date and Hours- August 26, 2024

The kids are back in school for the new school term, so we need to be extra careful entering and exiting our parking lot. They begin the school day at 8:45a.m. and end at 3:15pm. That's not a big problem in the morning, as our activities usually don't start early, but it can be a major problem if you are trying to leave SRC around 3 p.m., as the traffic may be blocking your exit. We ask that you be patient and considerate.

Donations to Connect with a Wish School Supplies Drive

On behalf of this worthwhile charity that benefits area foster children, thank you for providing a carload of needed supplies. We support this charity year-round, and you can pick up a short list of their on-going needs on the table as you enter the SRC, and you'll find a bin for your donations under the big bulletin board.

November Elections

Are you registered to vote in the major elections November 5th? If you need to register, an application form must be submitted online or postmarked by October 15. You can pick up registration forms at the registrar's office at the Municipal Center, and at Virginia Beach public libraries, DMV offices, U.S. Post Offices, public schools, and area recreation centers. If you need to update your current voter registration, you must also do that by October 15.

Early in-person voting begins at the registrar's office on Friday, Sept. 20 and ends on Sat., Nov 2 at 5 p.m. If you want to apply for an absentee ballot to be mailed to you, you must request one by 5 pm on Oct. 25.

For more helpful information via the Citizen Portal online, go to www.vote.elections.virginia.gov, where you can register to vote, check your registration status, and you can also find your polling place and apply to vote absentee.

For additional information call the Registrar Office at 757-385-8683 or online at voter@vbgov.com. Don't forget that you can also apply for an absentee ballot, without needing to have a medical need.

National Senior Center Month

The month of September highlights all the senior centers in the U.S. and the Senior Resource Center is proud to be one. We are especially proud that we will soon be celebrating our 17th anniversary in October. Stay tuned for more information in our October newsletter regarding our party and save the date, October 13 at 2 p.m.

The National Council on Aging established September as a month-long celebration to highlight all the benefits that senior centers provide to the community. This year the theme is "Powering Connections." It honors the connections that senior centers provide to programs, services and information that are needed to age well. And, most importantly, centers like ours provide much needed socialization and emotional support that many seniors lack.

Most of us have probably heard that the U. S. Surgeon General has stated that social isolation among seniors has become a critical problem and can cause very serious physical and mental problems. His comments were included in our June 2024 newsletter. So, we at the SRC are happy that we continue to provide that badly needed company and involvement with others that can brighten everyone's day.

What's truly amazing is that the SRC provides everything we do for free, with no membership dues, and no paid staff! It's amazing that a group of dedicated volunteers keep the center open every weekday, answering the phone and greeting visitors. The many lectures we have provided over the years hopefully have been educational and entertaining but it is our potluck meals following each lecture that are hands-down our most popular activity! It makes such a difference to be able to break bread with others, even if it requires us to cook or bake a dish to share. The chit chat and camaraderie are

priceless, as shared meals may be the most important things we can do to make us feel part of a community. Our well-attended Thanksgiving and Christmas Day potluck dinners have provided such positive experiences, especially for those who would have spent the day alone at home. We have also heard from numerous members that they have found new friends at the center, and that is exactly what we were hoping for. Knowing that you can walk in the door of our center and find company and new friends makes it worthwhile for you to get out of bed in the morning. So, come on down!

Another reason senior centers like ours are so valuable is that they provide a place for seniors to use their talents and skills. We have been so fortunate to have members who have volunteered to lead classes and games, using their skill to teach and lead others. Whether it's line dancing, exercising, conversation, writing, mahjong, euchre, cards, book club, or history or book discussions, members find fun things to learn and do. And we can't forget bingo! For those who have led activities and classes, a sense of purpose has certainly resulted, knowing that they are helping others.

Bathroom Safety for Seniors

4 Simple Tips from dailycaring.com. Balance issues, muscle weakness, frailty and cognitive issues like dementia can make using the toilet difficult or even dangerous. Bathrooms are dangerous because they are small spaces with lots of hard spaces and corners. In addition, sitting down and standing up can cause dizziness or unsteady balance because of blood pressure changes. Dangerous falls may occur as a result.

1. Keep walkways and floors clear, smooth and well-lit. Add automatic nightlights or motion

sensor-stick-on lights. Remove fluffy rugs or slippery mats.

2. Consider installing sturdy grab bars, a toilet frame with arms, a pole grab bar, or place a bedside commode frame over the toilet (just remove the pail.)
3. Add a raised toilet seat with arms so the distance to sit is reduced.
4. Make cleaning up easier so reaching and bending to wipe is easier. You can buy tools to help with this task.

You can find adaptive equipment for bathroom use at drugstores, discount stores, hardware stores and online.

E-Cycling Event

Virginia Aquarium

Saturday, Sept. 7 9:00am-12 noon

This is your opportunity to dispose of old electronics, rain or shine. Take your old cellphones, car batteries, personal devices, unneeded prescriptions and cardboard to the east parking lot at the aquarium on General Booth Blvd. It's a drive-through event and is intended for personal equipment, not business. You are encouraged to pre-register, but it's not required. Go to www.virginiaaquarium.com or call 757-385-3474.

Scarecrow Clothing Needed by Pungo Blackwater Library

The library will be hosting a scarecrow workshop on Sat., Oct.12. If you are getting rid of outgrown children's 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.

Save the Dates

Add these to your calendar so you can attend. Details will be provided in future newsletters.

- **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, buy them from a Ruritan member, or go to NAPA Auto or Back Bay Auto.
- **SRC 17th Anniversary Party and Concert Sun., Oct. 13 2p.m.** Joe Cerutti, a talented vocalist, will sing for us at 2p.m. and we will enjoy refreshments at 3p.m.
- **Author's Lecture Sat., Oct. 19 2 pm at SRC** Scott Moore, author of the new book *The Witch of Pungo: Grace Sherwood in History and Legend* will lecture about his book Sat., Oct. 19 at 2 pm at SRC. Preregistration will be required.
- **Fall Prevention Lecture and 1:1 Balance Assessments Wed., Nov. 13 at 10am** Staff and students from ODU will provide this.

New Virginia Beach Consumer Protection Unit

Our Sheriff, Rocky Holcomb, has created this new unit within the Virginia Beach Sheriff's Office. With the dramatic increase of scams against residents, he said the time is right to help end these crimes. Most of these scams take place on the telephone or online, and seniors seem to be especially vulnerable. Now area residents who believe they have been scammed are urged to immediately go online to: <https://vbso.net/consumer-protection-unit>, email: vbconsumeralerts@vbgov.com or call 757-385-7922 to file a report and receive assistance.

Living a Life of Purpose

A recent article from AARP described the importance of feeling your life is worthwhile, living in a way that provides pleasure for you and value to others. Most of us share the desire to do something useful with our lives. While we are still part of the work force, it may not be difficult to achieve this, but as retirees it may be harder for us to feel useful and valuable. It may become routine to sit around the house, watching T.V. or playing a game on our phone or computer, perhaps not speaking with or seeing another person all day. The article suggests that people need to find ways to remain engaged, whether it entails volunteering for a charity, school or church, doing favors for a neighbor who needs a hand, or becoming a telephone friend to a shut-in. The Senior Resource Center also provides ways to keep you busy and involved, whether by volunteering in some way or simply by attending an activity or special event. Try getting out of the house and spending time with other people- it will make your life more enjoyable.

Fraud Alert

From Virginia Beach Crime Solvers Be alert to yet another scam. Do not lend your cell phone to someone you do not know who approaches you and asks to use your phone. Do not hand them your phone. The latest fraud tactic is that the suspect uses a cash app to transfer money from your account to his account. With banking apps on your phone, it takes less than a minute to transfer money or create a loan and send your money to their account. Cash App and other apps where you can move money around are susceptible to these fraudulent accounts. Suspects often operate in pairs, one to distract, the other to move the money. Avoid fraud by not lending your phone to anyone- keep your phone in hand and keep your money in your account.

3 Digit Helpful Phone Numbers

Just a friendly reminder that you can call these numbers to easily obtain information, report an emergency or seek help. These numbers are part of the North American Numbering Plan (NANP) N11 numbers, these 3 digit phone numbers, provide callers with quick and simple access to assistance.

- **211** Community services and information, based in Richmond
- **311** Municipal government services for the City of Virginia Beach
- **411** Directory assistance
- **511** Traffic information
- **611** Phone company repair
- **711** TDD and Relay for the Deaf
- **811** Underground public utility location. Call before you dig.
- **911** Emergency services (police, fire, EMS)
- **988** National Suicide Prevention Lifeline

Hiring a Contractor?

Are you about ready to hire a workman to do home repairs, install a walk-in shower or renovate a room? Before you hire any contractor for any kind of work, especially one who is not personally known to you, be sure to check that person out. See if his/her company is licensed by the City of Virginia Beach (call 757-385-4515), registered with the State DPOR (Virginia Department of Professional and Occupational Regulation at 757-804-367-8500 or online at <https://www.dpor.virginia.gov>) and the State Corporation Commission. Insist on a written proposal or contract and do not pay the full amount up front. Take the time to do your research to avoid being scammed by someone who takes your money and disappears.

In Memoriam

Recently the Senior Resource Center has lost two longtime, cherished members. Donald Spitzli, a Board member and resident of the Creeds area, had served as our attorney of record for dealing with legal matters. Wayne Davis, who was one of the early members who encouraged the JOY Group from Charity United Methodist to make use of our facility for its meetings, as well as serving as our driver when we took local trips using Charity's bus, succumbed to a long term illness. We greatly miss both of these fine men.

Donations

Linda Griffin to be used as needed
William and Dorsey Gurley in honor of Anne Bright and in memory of Jim Bright and to be used as needed
Anonymous 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

<p>President Johnnie Williams 757 470-7186</p> <p>Vice President Sharon Prescott 757 630-2660</p> <p>Treasurer Pat Jenkins 757 618-5304</p>	<p>Hours of Operation 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

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September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Federal Holiday Labor Day SRC Closed	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 & 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 (PR Arlis Burney)	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.)
8	9	10	11	12	13	14
	2:30 Bonkers for Bunko at the PBL, Reg Req. (757) 385-0150 (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 History (PR B. Henley)	**No Line Dancing Classes 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)	
15	16	17	18	19	20	21
	10:00 am - C4C SRC Crafters 4 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.)	*2:30pm Fall Gardening with Farmer John at SRC No Registration Req. Learn about Soil Health & Fall Gardening.	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)	 6:00 to 9:00 PM SRC Game Night (PR Rita T.)
22	23	24	25	26	27	28
	11:00 am Fire Safety Lecture & Pot Luck (PR S. Prescott)	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 Benefits Counseling 1:1 Appt Only Medicare (PR Eileen Churchill)	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) 3:00 pm Sea Shell Candles, PBL, Req Req. (Angie V)	
29	30					