

Volunteer Appreciation Luncheon

Tuesday, April 24 11:30 am

We invite all of our incredible volunteers to attend our annual luncheon so that we can show how much we appreciate your time and effort. This is your chance to be treated to a delicious lunch provide by Smoked from Above and you do not have to bring a covered dish! The Senior Resource Center would not exist without our volunteers and is undoubtedly the only program housed in a City building that is manned by only one City employee (Shari Wilson) and a group of dedicated volunteers.

Heartfelt 
THANKS

TO OUR VOLUNTEERS!

The theme for National Volunteer Week 2018 is **Celebrating the Value of Volunteering**, a perfect motto for SRC.

We will need you to call the center at 385-2175 or email Shari at shwilson@vbgov.com in order to reserve a seat. Please R.S.V.P. by April 20th.

**HAPPY
EASTER**

Tai Chi

Fridays

12 noon -1:00 pm

Gary Donovan, who gave the presentation on Tai Chi earlier this year has agreed to lead a class on Fridays after the conversation and writing classes. The class is limited to those who previously expressed interest.



Why be a Volunteer

It's not for the money, it's not for the fame.
It's not for personal gain.
It's just love of fellowman.
It's just to send a helping hand.
It's just to give tith of self.
That's something you can't buy with wealth.
It's not medals won with pride.
It's for that deep feeling inside.
It's that reward down in your heart.
It's that feeling that you've been a part.
Of helping others far and near,
That makes you be a Volunteer.

Author Unknown

Concert and Ice Cream Social

Sunday, April 15 3:00 pm

Steppin' Out, a talented musical group, will return to entertain us with their songs and spirit. At intermission we will enjoy ice cream sundaes- all the ice cream and toppings will be provided but you may bring cookies to share.

Spend Sunday afternoon with us and enjoy the music, treats and fellowship. As usual with our musical performer guests, we will “pass the hat” for donations for their time.

JOY Group and Pot Luck Lunch

Tuesday, April 17 9:30 am

Come early for blood pressure check and then enjoy a lecture by Blake Norris from Driving Solutions on Keeping Us Safe. This program was rescheduled from a previous month. As always, bring your favorite dish to share for lunch.

Farewell to Our Special Friend, Houston Shirk

It is with a very heavy heart that we share the sad news that Houston Shirk passed away March 7, 2018. Houston was a very active volunteer at the Senior Resource Center, where he led the Friday groups for writing and conversation. He was our Santa and also entertained us with his singing and guitar. His rendition of “Fried Green Tomatoes” was one of our favorites. He was also a very dedicated volunteer at Creeds Elementary



school and was well-loved by all the students he worked with. He was a very gentle man and he will be sorely missed. Our sympathy is extended to his wife, Linda Tingle, who has been our esteemed yoga teacher.

In tribute to Houston, two of his writing class members have shared their thoughts creatively later in the newsletter.

Caregiver Support Group

Are you a caregiver to an older adult? Are you looking for information or do you need a place to share your



concerns? A monthly caregiver support group meets at Nimmo United Methodist Church, 2200 Princess Anne Rd., Va. Beach 23456 in the social hall. The group meets the third Friday of every month from noon- 1 p.m. with Nancy Allan as facilitator. It provides a safe setting where you can share your feelings and find support from other caregivers. Call Nancy at 422-1292 or email her at twingranny05@gmail.com for more information.

Speakers Available

If your club or organization is looking for speakers, consider asking Barbara Henley or other members of the SRC History group to make a presentation. Mrs. Henley compiled the book **Glimpses of Down-County History** from stories shared at her bi-monthly group.

Virginia Beach Police Department Prescription Medication Take Back Program

This message is being sent on behalf of Sergeant Kevin Lokey of the Police Department's First Precinct.



The VBPD Prescription Medication Take Back Program was launched in June 2015 and, since then, has collected almost 4 tons of expired and/or unused medications from Virginia Beach residents. Collection bins are located in all four Virginia Beach police precincts and are available 365 days a year. All types of prescription and over-the-counter medications, vitamins, medicine patches, needles, and veterinary medications are accepted. Please seal all liquid medications and loose pills in a plastic sandwich bag before placing them in the collection bin. The following items are NOT accepted: items from pharmaceutical representatives, pharmacies or medical offices, thermometers, IV bags, empty bottles, illegal drugs, and first aid items. If you have a large amount of medications, you can bring them to the Property & Evidence Unit on the ground floor of Police Headquarters between the hours of 7 am and 4 pm, Monday through Friday. There is no need to remove labels from pill bottles since all medications collected are incinerated. If you have any questions about the program, please contact Sgt. K. Lokey at kalokey@vbgov.com

National Healthcare Decisions Day

April 16, 2018



This is the day for you to think about a topic that may not be popular---- what you want for yourself in the way of medical care when you are facing major health problems and may even be dealing with a terminal disease. Have you already completed a Healthcare Power of Attorney or an Advance Directive that will allow designated agents to speak for you? If you already have completed such a document, does it need to be updated or revised because one of the people you named as “agent” is no longer able to serve? The State of Virginia provides a free form online—use keywords “State of Virginia Advance Directive.” We will also have copies available for you at SRC. Consider completing this kind of document, either on your own or with an attorney, so you will have your wishes legally recorded.

FEMA Speaker and Pet Shelter Questions

We thank Tracy Freeman for a very informative presentation about his experiences with the Virginia Task Force 2 and his advice on how we might prepare for an emergency here. We have a plan! We did get several questions about shelters for pets. Currently, the two storm shelter options offered by the city are the Virginia Beach Animal Care and Adoption Center on Birdneck Road and the Great Neck

Recreation Center. The VBACAC can accommodate 55 dogs, 50 cats, and 6 agricultural animals on site. Exotic animals (rodents, animals in terrariums, etc.) would be accepted as space allows. The Great Neck Recreation Center, which would be available for your pet ONLY if you are sheltering at the Cox High School Shelter, can accommodate 62 dogs and 27 cats. Of course, both would be available first come, first served as space allows. Expansion of pet shelter capability is still being reviewed and we will let you know as progress is made.

SAVE THE DATE:

Wednesday, October 10

Bus Trip to Virginia's Northern Neck

Visit Historic Christ Church (ca1735) and Museum, an architectural masterpiece dedicated to the preservation and interpretation of eighteenth century Virginia history. Enjoy lunch at the Historic Lancaster Tavern (estab. 1790). After lunch tour Stratford Hall, home of four generations of the Lees of Virginia and birthplace of Robert E. Lee. Both sites are National Historic Landmarks. The all-inclusive cost is \$116 per person. Details and reservation information will be forthcoming. The trip is organized by SignaTours, Ltd. Of N. Chesterfield, VA, the company that provides motor coach tours for Sentara.

**VIRGINIA
IS FOR
LOVERS™**

Fund Raiser Event



Creeds Ruritan Complex

Saturday, April 21 10:00 am-4:00 pm

Mickey Prescott, a lifelong resident of Gibbs Woods, was diagnosed in Oct. 2017 with a rare disease which attacks kidneys and lungs. Mickey now has Stage 5 Renal failure and is unable to work, placing a severe financial burden on his family. Mickey is the brother of Sandy Mulkey, one of the singers in Fond Memories.

- Barbecue plate includes chips and drink for \$8.00
- Hot dog plate includes chips and drink for \$5.00
- Cash donations welcome!

Entertainment will be provided by Fond Memories Vocal Group from 1:30-3:30 pm weather permitting. There will be a yard sale, cake walks, a silent auction and raffles. Raffle drawings will begin around 3p.m. You must be present to win.

Please come out and show your support and bring friends and family.

Tributes to Houston Shirk

Blue Eyed Soul Brother

When we first met, we didn't entirely see eye to eye

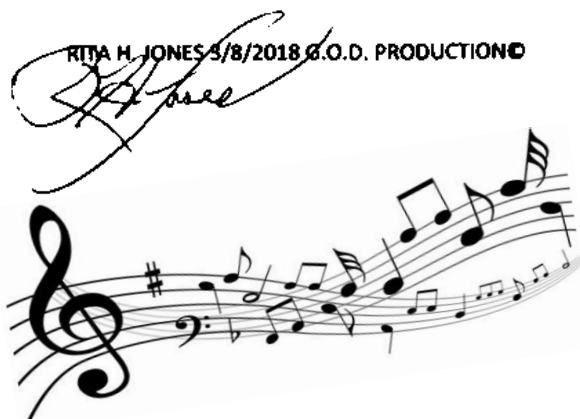
Mine were warm brown and yours a cool blue
Somewhat standoffish then summed up by the other

A brief spoken opinion on matters of the world,
that hadn't changed from day one to the present time.

Put together, mingled and intertwined
Our minds and hearts formed an everlasting bond
Sentences written and critiqued scrutiny
Our words, phrases, questions and answers
flowed upon plain paper, nothing fancy
As time marched on, we jointly invested in an appreciation of views that were understood and accepted.

One day a request went forth
A reply was welcome and received
By the time darkness illuminated the light
You became
My

BLUE EYED SOUL BROTHER...



We Remember

How deep his desire to learn and to share,
Obliging and open to those who seek care.
Upright and faithful,
Strong and sincere,
Taking the time to hear all who are near.
Offering his songs and musical airs,
Now we bear humbly and offer our prayers.

Rosemary Stepnowski
03/09/2018

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

Councilwoman

Barbara Henley 426-7501

City Liaison

Shari Wilson
385-2175, Tue & Fri

Hours of Operation

Monday – Friday, 9:00 AM – 4:00 PM

During inclement weather, The SRC operates on the local school schedule.



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.

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parking Lot repairs has been scheduled for April 2 Thru 6, 2018 (Spring Break for Creeds Elementary - The SRC will be open)						
Easter Sunday 1	2	3	4	5	6	7
		1:00 Bingo/ Cards	1:00 Cards	8:30 Board Meeting 9:30 Exercise (PR Rita J.) Line Dancers Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" 12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only.	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
8	9	10	11	12	13	14
	1:00 Dominoes/Cards	10:30 - 12:00 Adult Story Time (PR Peggy J.) 1:00 Bingo/ Cards	10:00 Antique Road Show (PR Jim O.) 1:00 Cards 1:00 History 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	9:30 Exercise (PR Rita J.) No Line Dancing	9:30 Yoga (PR Linda T.) 10:45 Writing 12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only.	10:00 -12:00 Crafters (PR Pat Jenkins)
15	16	TAX DAY 17	18	19	20	21
3:00 PM Ice Cream Social (Bring Cookies to Share) With the Thackers "Steppin' Out" 	1:00 Dominoes/Cards	9:30 Blood Pressure Testing 10:00 JOY, Sr. Drivng Solutions, Keeping us Save, Speaker Blake Norris Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards		9:30 Exercise (PR Rita J.) Line Dancers Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" 12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only.	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
22	23	24	25	26	27	28
	1:00 Dominoes/Cards	11:30 - 1:00 PM Volunteer Appreciation Luncheon (PR Shari W.) 1:00 Bingo/ Cards:00	1:00 Cards 1:00 History	9:30 Exercise (PR Rita J.) Line Dancers Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing 12:00 - 1:00 Tai Chi (PR Gary Donovan) Class is limited to enrolled only.	
29	30					
	1:00 Dominoes/Cards					