

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – APRIL 2019

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

Annual Volunteer Appreciation Luncheon

Tuesday, April 9 11:30 am

Our volunteers should have received their invitations to our annual luncheon and need to remember to R.S.V.P. to Nancy at 422-1292 or email at twingranny05@gmail.com. This is our opportunity to show our gratitude for all that our volunteers do for us and it's not a pot luck!

The Senior Resource Center would not operate without its dedicated volunteers. We are so fortunate that we have "members" who are willing to share their time and talents to keep the SRC open and thriving. Desk duty volunteers, Board members, "class" leaders and instructors, and all the other busy bees are part of the crew that make it possible for so many folks to have a good time. Do you ever stop to think of what it takes behind the scenes to make the center run? Buying supplies, writing and formatting the newsletter, labeling the newsletter for mailing, planning activities, training new volunteers, answering the phone, greeting new visitors, setting up and taking down tables, organizing pot luck meals, decorating for parties, emailing announcements--- all this and more are done by our volunteers. Take the time to thank those who make all this possible.

Ten Reasons to Volunteer

1. It's good for you.
2. It saves resources
3. You gain experience
4. It brings people together
5. It strengthens your community
6. You learn a lot
7. You get to give back
8. It encourages civic responsibility
9. You make a difference
10. You get your groove back

The benefits of volunteering are great and include:

- Making new friends
- Feeling valued
- Honing your skills
- Improving self-esteem and confidence
- Giving you a reason to get out of bed each morning

We continue to need "desk duty" volunteers, which requires only one 3 ½ hour stint each month. How easy is that? If we could only enlist more volunteers, no one would have to cover multiple shifts. Won't you consider stepping up to the plate? Orientation is painless and brief. Call the center at 385-2175 or stop by to sign up. The Senior Resource Center needs you!

JOY (Just Older Youth)

Tuesday, April 16 10:00 am

Tanya Goldsmith-Ruck, Recreational Therapist at the City of Virginia Beach West Neck Intermediate Facility (Biznet) will present "Move It or Pick Three." Do you know the value of movement? As we age, our muscles and metabolism change. Come learn how movement that occurs in everyday life helps you maintain overall general health. There will be examples given and demonstrated to heighten awareness of how simple activity can provide the benefits of exercise. The lecture will begin at 10, but you can come at 9:30 to get your blood pressure check. Don't forget to bring a covered dish or desert for the pot luck lunch following the presentation. And one more thing, bring an item for the Food Pantry.



Earth Day Recycling Lecture and Pot Luck Lunch

Monday, April 22 11:00 am

On trash day are you ever confused about what you should put in the black can and what should go in the blue can? Is trying to figure out what to recycle and what to put in the black can even worth the effort? What does China have to do with how careful you are about tossing that empty box in the blue can? You can have all of these questions and more answered by coming to the SRC on Monday, April 22, at 11 a.m. to hear Kristi Rines, Recycling Coordinator for the City of Virginia Beach, explain how Waste Management works. Bring a covered dish and stay for lunch, always a good way to start the week.

Fort Norfolk Field Trip

Wednesday, April 24

Our next day-trip outing is scheduled for Wednesday, April 24. We will leave SRC at 9 a.m. to travel to Fort Norfolk, a little recognized part of the history of Norfolk and the only still-intact fort built to protect our early new nation. We will visit the Fort at 10 a.m. and cross the street and visit the Waterfield Building, the headquarters of the Norfolk office of the United States Corps of Engineers. This building was named after Harold Waterfield, a native of Morse's Point, Princess Anne County. We will be able to appreciate the honor for him as we learn about the very important work of the Corps of Engineers. (You might want to be better prepared for this session by reading the article about Mr. Waterfield in our *Glimpses of Down County* book.) Also while we are at the Corps' site, we will get a quick explanation of their oyster gardens. We will then take a short ride over to the Freemason Abbey for lunch. You will have a choice of entrees from which you will need to select when you sign up for the

trip. After lunch, we will visit St. Paul's Episcopal Church, one of the few buildings left in Norfolk after the attack during the Revolution. We will return to the SRC by 4 p.m. The total cost of the trip (including lunch, bus and driver tip) is \$50.00 per person. We have a limited seating capacity on the bus, so make your reservation soon by stopping by the SRC to confirm your seat and to make your lunch selection. This is an opportunity to learn more about our early nation as well as about the great work done today to build roads and bridges and other infrastructure that keeps us moving safely and conveniently.

National Healthcare Decisions Day April 16

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and health care providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.

This annual event is intended to remind us of the importance of putting our health care and end-of-life wishes in writing. Too many of us don't want to think about such serious matters, let alone complete the necessary documents. However, if and when the time comes that you are unable to speak for yourself in order to tell your doctors what treatments you do or don't want, you will be out of luck if you haven't taken the time to put your wishes in writing. Advance care directives allow your chosen "agent" to relate your wishes to medical providers. Blank copies of this free form, Virginia Advance Directive for Health Care, approved by the State of Virginia, will be available at the center or you can complete it online at www.vdh.virginia.gov. You do not need a lawyer to complete this document—all it requires is your time.

Some End of Life Questions to Consider

Some questions to ask you and your loved ones as you complete your advance healthcare directive:

If there was a choice, would you prefer to die at home or in a hospital?

How would you want to be treated in the case of a terminal illness? Would you prefer to be allowed to die without medical intervention or would you want all possible intervention provided?

Is there someone you would trust whom you can appoint to be your advocate on your behalf when you are critically ill?

Have you discussed your wishes with your spouse, adult children, friends, etc.—and then completed formal documents including a living will and advance directive?

These are some of the issues you need to mull over and discuss with your loved ones and make sure that the individuals that you designate as your “agent” in your directives is well aware of your wishes.

Farmers Market Friday Hoedown 2019 Season Begins

3640 Dam Neck Road Virginia Beach, VA 23453

Friday Nights from 7 - 10p.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.

April Bands

- 5 Dallas Band
- 12 New City Sound
- 19 The Long & Short of It
- 26 Timeline

Gospel Concert Sunday, April 28 6:00 pm

The King’s Choir will perform “Sing a New Song”, a gospel concert, at Kempsville Baptist Church, 5204 Princess Anne Rd., Va. Beach, 23464. The concert is free. The church is located on Princess Anne Rd., just past the Kempsville Road intersection. The choir’s theme is: music to feed the soul.” Bill McCool, one of our members, is part of the performance, and he has graciously donated some CDs done by the leader of the group.

Charity United Methodist Church Food Pantry Demand Increases

We learned that the number of people seeking food at the church jumped from 5 to 20 on a recent distribution day. Their Food Pantry is open every Tuesday from 10 a.m. – 12 noon and serves anyone who attends. Our donations of non-perishable food have dwindled, so we ask that in the future you try to make a habit of bringing at least one item to donate each time you attend an activity at SRC. Since we don’t charge any membership fee to join our center or for our monthly newsletter, we hope you will instead think of regularly helping to fill the food pantry donation boxes. The church evidently has a good supply of canned veggies, so you could supply cereal, pasta, canned meats, tomato sauce, peanut butter, etc.

Fantastic Scrapbook/ Photo Albums

Next time you stop by the center or do a volunteer shift for desk duty, be sure to look at the wonderful albums created by Judy Turner. She organized all our photos and embellished

them with beautiful do-dads. She is obviously a very talented scrapbooker, and we appreciate very much the time it took for her to do this for us. The books, organized by year, are on the table in front of the shelves of DVDs.

Marque Announcements

Did you know just one person is responsible for keeping the front sign up to date, so passers-by can see the current activities posted? Beth Swanner does a terrific job of changing all the letters on a very frequent basis. We know the marque postings help attract attendees so we thank Beth for taking care of this important task for us.

City's Battery Recycling Program Changes

The battery containers have already been removed from all our public libraries, as standard alkaline batteries can now be disposed of in your regular trash bin. This includes AA, AAA, C, D and 9- volt alkaline batteries. These batteries no longer contain mercury so they can be discarded with your household trash

However, other types of batteries present a fire hazard and need to be disposed of at the Virginia Beach Landfill and Resource Recovery Center, located at 1989 Jake Sears Road, Va. Beach 23464 (off Centreville Turnpike, near Indian River Rd.) Local retailers, such as Lowe's and Home Depot will also accept these batteries. These batteries are those that are rechargeable and include Lithium Ion (Li-Ion), Nickel Cadmium (Ni-Cd), Nickel Metal Hydride (Ni-MH), and Nickel Zinc (Ni-ZN)

Visit Call2Recycle.org for battery recycling locations nearest you or call 385-4650 with questions.

More Food for Thought

Use your voice for kindness,
Your ears for compassion,
Your hands for charity,
Your mind for truth,
Your heart for love

If we all could practice this more often, we would create a kinder and gentler world.

“The Responsibility Poem” by Charles Osgood

There was a most important job that needed to be done,
And no reason not to do it, there was absolutely none.
But in vital matters such as this, the thing you have to ask
Is who exactly will it be who'll carry out the task?

Anybody could have told you that Everybody knew
That this was something Somebody would surely have to do.
Nobody was unwilling; Anybody had the ability.
But Nobody believed that it was their responsibility.

It seemed to be a job that Anybody could have done,
If Anybody thought he was supposed to be the one.
But since Everybody recognized that Anybody could,
Everybody took for granted that Somebody would.

But Nobody told Anybody that we are aware of,
That he would be in charge of seeing it was taken care of.
And Nobody took it on himself to follow through,

And do what Everybody thought that Somebody would do.
 When what Everybody needed so did not get done at all,
 Everybody was complaining that Somebody dropped the ball.
 Anybody then could see it was an awful crying shame,
 And Everybody looked around for Somebody to blame.

Somebody should have done the job
 And Everybody should have,
 But in the end, Nobody did
 What Anybody could have.

We have printed this poem before, but it continues to be pertinent. Hopefully reading it again will make some of those "somebodies" consider stepping up to the plate and getting it involved.

Eastern Star Memorabilia

Is anyone interested in getting an Eastern Star cookbook from 1940? One is available for free if you have Eastern Star ties or like to collect old cookbooks. Call Nancy at 422-1292 if you'd like to obtain the book.

Cinderella Performances at Creeds Elementary April 30th

Creeds Elementary School Choral Department, under the direction of Robin Alexander, is scheduled to present *Cinderella* on Tuesday, April 30, and they have been kind enough to say that we may join them for the **FREE** event. There will be a matinee showing at 1:15 and an evening show at 7 p.m. You can attend the matinee show with the student body or go at 7 p.m. with the parents. In the past these talented students have put on first-rate shows, so take advantage of seeing this right in your neighborhood.

Donations

Gerry Stillman in memory of her parents, Clifford and Shirley Rollins
 Bright's Produce – cabbage for the St. Patrick's Day supper

Speaking of donations, many will soon realize that there is not much tax advantage in donations anymore unless you are able to donate more than the new standard deduction (\$12,000 for single, \$24,000 for couple). Please do not let this deter you from making donations to the SRC. We function solely on donations which enable us to publish a mailed version of our newsletter for those who do not have internet, to provide kitchen supplies for all of our various groups who like to eat, to supplement donations for entertainment such as Fond Memories or the Irish Dance group for St. Patrick's Day or other singing groups who come to entertain us. We would hate to lose this excellent facility and all of the fun it provides for us.

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 Williams
 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 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fools Day 1:00 Dominoes/Cards 	2 1:00 Bingo/ Cards 7:00 -9:00 PM Ballroom Dancing (PR. Rita J.)	3 1:00 Cards	4 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)	5 9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) 12:00 Tai Chi (PR Gary Donovan)	6 1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
7	8	9	10	11	12	13
	1:00 Dominoes/Cards	1:00 Bingo/ Cards 11:30 - 1:00 PM Volunteer Luncheon	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 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	10:00 -12:00 Crafters (PR Pat Jenkins)
Spring Break - Children will be out of school (April 12th - 19th)						
14	15	16	17	18	19	20
	1:00 Dominoes/Cards	9:30 Blood Pressure Testing 10:00 JOY, Topic, "Move It" With Recreational Therapist, Tonya Goldsmith-Ruck. Potluck to follow (PR Juanita S.) 1:00 Bingo/ Cards 7:00 -9:00 PM Ballroom Dancing (PR. Rita J.)	1:00 Cards	No Exercise or Line Dance Class on April 18th	9:30 Yoga (PR Linda T.) 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.)
Easter 21	22	23	24	25	26	27
	1:00 Dominoes/Cards 11:00 1:00 Earth Day, Speaker, "What belongs in the Blue Can", Potluck Lunch to follow 2:00 Photography (Shutterbugs)	1:00 Bingo/ Cards	1:00 Cards 9:00 - 4:00 PM Trip to Fort Norfolk	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 Yoga (PR Linda T.) 10:45 Writing (PR Jan Donovan) 12:00 Tai Chi (PR Gary Donovan)	
28	29	30				
	1:00 Dominoes/Cards	1:00 Bingo/ Cards 7:00 -9:00 PM Ballroom Dancing (PR. Rita J.)				