

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – APRIL 2022

IN OUR FOURTEENTH YEAR

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

Volunteer Appreciation Luncheon

Monday, April 25 11:30 am

We are delighted that we can once again host our volunteers for our annual thank you luncheon. No need to bring a pot luck dish, as a special meal will be provided.

Our volunteers are priceless- without them there would be no Senior Resource Center. It is amazing that the center has flourished for over 14 years, the last several years without any paid, City employee. We are thrilled that a large number of new volunteers have signed up and been oriented since the beginning of this year, so for now we do not have to consider reducing our operating hours. If you cover desk duty, lead an activity, serve on the Board, help with the newsletter production, etc., you are invited to this affair. We need you to **R.S. V.P. no later than Thurs., April 21**. Volunteers, please call the Center at 385-2175 to register.

Free Admission to Norfolk Botanical Gardens

April 9th

On Saturday, April 9, 2022 Program 10:30 am – 11:30 am. – Join in honoring the 220 African American women and men who first planted the Garden over 80 years ago through the Works Progress Administration. Tram tour and light refreshments to follow Free admission all day 9am – 5pm



Hollywood Lowdown Charlie O'Dowd

Lecture and Pot Luck Lunch
Monday, April 11 11:00 am

Charlie O'Dowd is an entertainer and vocalist, who worked in the film and TV biz for over thirty years on the crews of Breaking Bad, Better Call Saul and America's Most Wanted - and on feature films including City Slickers, Young Guns II and Suspect Zero.

Versatile to the core, he kept his hand in local theatre and music and is an award-winning audio book narrator, having narrated 70 novels and the Bible. Join the fun and come hear Charlie tell us what life was like in Hollywood. Pot luck lunch will follow his presentation so please bring a dish to share. Bring a non-perishable food item for the Food Pantry as well.

Mason Jar Lights Craft Class

Wed., April 20 11:00 am-12 noon

Angie Vilches, the new Program Specialist at Pungo-Blackwater Library, will teach a craft class at the SRC. You will learn how to make a lighted, jeweled mason jar that you can take home. Preregistration is required, so sign up online ASAP as space is limited, at www.vbgov.com/libraries or you can drop by the library and they will help you register.

Date Change for Game Night

Take note that due to the Easter holiday weekend, Game Night will be held Sat., April 23 from 6-8 p.m.

Bead Making Craft Class

Saturday, April 30 10:00 am-1:00 pm

Laura Schmidt will teach you how to make beautiful paper beads that look like glass. You will make enough beads to create a necklace, and a future class will teach you how to complete the jewelry. Space is limited to 20, so you will need to call SRC at 385-2175 to preregister. Cost per person will be \$20, payable to the teacher. Bring snacks to the class if you'd like.

No pets except registered service dogs allowed

Just a friendly reminder that pets are not allowed in the SRC, unless they are registered service animals.

To The Trash Elves

Thank you for putting our trash cans back on the afternoons after pickup. We appreciate your help whoever you are. The Trash Committee

National Advance Directives Day and Month

National Healthcare Decisions Day, April 16, 2022, is a day whose aim is not to get people to celebrate anything in particular but is designed to help educate people on the importance of taking part in their healthcare planning. If a person has a health emergency, decisions on their medical care are usually thrust on their family members—and that can place an undue burden on them. That's why this day encourages everyone to think about their healthcare needs and possible health outcomes and come up with a plan their family can follow if they ever become seriously ill or

disabled. This holiday was created to educate the public on the importance of discussing what to do if they ever become ill or disabled, and to create advanced directives to give their family members information that will enable them to make educated decisions.

It is a myth that advanced directives mean that the doctors shouldn't provide treatment. That simply isn't true. An advanced directive tells healthcare professionals what you don't want and what you do want. Even if a patient didn't want curative treatment, the physician may still provide palliative care—care that keeps the patient comfortable and as pain-free as possible.

National Healthcare Decisions Day can be observed by taking some time and thinking about potential healthcare decisions that you might need to make or that you want your family to make if you ever become unable to communicate your needs and wants with your doctor directly. This means having advanced directives drawn up and choosing a person who will make healthcare decisions on your behalf. It's also a good idea to provide your healthcare provider with a copy of your advanced directives and have extra copies printed up just in case you're transferred to another hospital during the course of treatment. Advance care planning is not just about old age. At any age, a medical crisis could leave you too ill to make your own health care decisions. Even if you are not sick now, planning for health care in the future is an important step toward making sure you get the medical care you would want, if you are unable to speak for yourself and doctors and family members are making the decisions for you.

There are two main elements in an advance directive—a living will and a durable power of attorney for health care. There are also other documents that can supplement your advance directive. You can choose which documents to

create, depending on how you want decisions to be made. These documents include:

- **Living will.** A living will is a written document that helps you tell doctors how you want to be treated if you are dying or permanently unconscious and cannot make your own decisions about emergency treatment. In a living will, you can say which procedures you would want, which ones you wouldn't want, and under which conditions each of your choices applies.
- **Durable power of attorney for health care.** A durable power of attorney for health care is a legal document naming a health care proxy, someone to make medical decisions for you at times when you are unable to do so. Your proxy, also known as a representative, surrogate, or agent, should be familiar with your values and wishes. This means that he or she will be able to decide as you would when treatment decisions need to be made. A proxy can be chosen in addition to or instead of a living will. Having a health care proxy helps you plan for situations that cannot be foreseen, like a serious auto accident.

- Totally disabled individuals must be totally and permanently disabled - there is no age limit \$10,000 income exclusion allowed
- Must reside in the Virginia Beach home or mobile home or a convalescent facility

Tax Exemption Freeze

- Annual household income must not exceed \$61,010 for tax exemption
- Annual household income must not exceed \$79,605 for the freeze
- Assets must not exceed \$350,000 (other than residence))

The percentage of tax exemption varies based upon income level

Save the Date

Oak Grove Craft Show

Saturday, May 7 9:00 am-3:00 pm

This will be an outside event with a wide variety of vendors, raffle, food trucks
Something for everyone! Children's crafts on site to entertain the little ones while mom and nana shop.

Virginia Beach Senior and Disabled Real Estate Tax Relief

Applications for real estate tax exemption are taken in the Office of the Commissioner of the Revenue, Municipal Center, Building 1, **by appointment only from February 1 through June 30.** To qualify, individuals must meet income and net worth limitations.

Basic Requirements to Qualify:

- Senior citizens must be at least 65 years of age

Lack of Appreciation for First Responders

We were happy to host our annual First Responders' Appreciation luncheon on Feb. 16, but we were very disappointed in the poor turnout of our members. Although several people dropped off desserts beforehand as they could not stay to attend, only a handful of us seniors showed up to greet the first responders. If you didn't come, you missed a real treat! However, we were tickled that we had two special surprise guests, 2 beautiful horses from the VBPD horse patrol, as well as some motorcycle officers. What a treat to be able to meet the horses and their officers up close and personal.

Donations

Rosemarie Donnelly- In thank you

June and Louie Klag- in memory of Jeri McLaughlin, Joann Arnold, Lewis Riggs, Juanita Swoope, Georgia Shirley, David Williams

Virginia Beach Citizens' Advisory Committee Public Meetings

If you want to be informed about what's going on in your part of the city, take advantage of this helpful resource. The Virginia Beach Police Department (VBPD) established this program to enhance its ability to communicate with and better serve its community. The Virginia Beach Citizens' Advisory Committees (CAC) are a collaborative partnership between the VBPD and the citizens who reside within the boundaries of Virginia Beach. Monthly meetings are open to all Virginia Beach residents. They are held with VBPD commanders and representatives from other city and state agencies. Guest speakers oftentimes provide interesting presentations on various topics. During meeting, citizens share concerns and discuss combined strategies in which to improve their communities. Meetings also provide a formalized process that facilitates citizen and community cooperation with police. The CAC is a direct way for the City of Virginia Beach to be more accountable and responsive to citizens and taxpayers.

The CAC for the First Precinct, which includes the southern part of Virginia Beach, meets on the 1st Wednesday of every month at 7 p.m. at Building 19 at the Municipal Center (2424 Courthouse Dr., 23456.) The current president of this CAC is Joan Davis.

10 Benefits of Volunteering

Adapted from article by Stacey Buttel and Amber Krosel, 12/14/21 on indeed.com

Whether you're the type of person who craves a lot of social interaction or whether you prefer as little as possible, volunteering has social and personal benefits. Here are the top 10:

1. Provides you with a sense of purpose

You may be able to find your purpose through volunteering and becoming part of something greater than yourself. For instance, if you're retired, unexpectedly unemployed or have lost a loved one, helping others can give your life new meaning and keep you mentally stimulated.

2. Provides a sense of community

Volunteering can help you feel connected to those you are helping in the community. This experience may make you want to get involved with other aspects of your community, such as local politics or advocating for programs you believe are important.

3. Helps you meet new friends

Volunteering is a great way to meet new friends as well as strengthen existing connections with friends, family or coworkers. As a volunteer, you'll typically interact with people from diverse backgrounds, which allows you to learn other perspectives.

When you choose an organization or cause to volunteer for, consider the people you're volunteering alongside did as well. Sharing a common interest will help you build closer relationships with those around you.

4. Increases your social skills

Volunteering gives you a chance to talk to new people and sharpen your social skills... By spending a lot of time working with others and using social skills, like active listening and relationship management, you'll have the opportunity to develop your future personal relationships.

5. Improves self-esteem

Volunteering may boost your self-esteem and self-confidence. When you do something, you feel is worthwhile and valuable for your community, it gives you a sense of accomplishment that may help you feel more fulfilled about your life and any future goals.

6. Teaches you valuable skills

The training and hands-on experience you gain while volunteering can help you learn new skills as well as build upon ones you already have.

7. Helps You Reconnect

After several years of dealing with the pandemic and all the regulations regarding self-isolation, social distancing, and masking, volunteering can get you back out into the new world. You can reunite with friends you haven't seen, as well as make new friends.

8. Brings fun into your life

Many people use volunteering as a way to pursue their hobbies while making a difference. Volunteering for organizations or causes also may provide you with a renewed sense of creativity and motivation that carries over into your personal and personal life.



9. Can help you be happier

It often feels good to contribute to projects and organizations that mean something to you. These good feelings can help lessen the effects of stress, anger or anxiety in your life. Volunteering may provide you with the tools you need to be a happy and well-rounded individual. Building bonds and connections with people you volunteer with also may counteract any social isolation. Many volunteer opportunities also may involve physical labor to keep you active and reduce stress.

10. Gets you out of your comfort zone

Through volunteer work, you may overcome the personal challenges of leaving your comfort zone and doing something new with people you may not know. You may be faced with various problems to solve as a volunteer that require you to exercise critical thinking skills that aid your own personal development.

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

Newsletter

Nancy Allan 422-1292
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 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					April Fool's Day 1	2
					10:45 am Conversations (PR Sarah B.) 12:30 Cards (Card Group PR)	1:00 Game Day (PR Jo-Ann R.)
3	4	5	6	7	8	9
		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 Reading Group (PR Marcia H.)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 Writing (PR Jan D) 12:30 Cards (Card Group PR)	
10	11	12	13	14	15	16
	11:00 AM Charlie O'Dowd will speak about his time in Hollywood (Sharon P. PR) Potluck to follow	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 Dance Class (PR Rita T)	10:45 am Conversations (PR Sarah B.) 12:30 Cards (Card Group PR)	
Easter 17	18	19	20	21	Earth Day 22	23
		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.)	11:00 - 12:00 Mason Jar Lights Craft Class, Registration in advance Required (PR Angela V.)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 Writing (PR Jan D) 12:30 Cards (Card Group PR)	 6:00 to 9:00 PM Game Night (PR Rita T.)
24	25	26	27	28	29	30
	11:30 AM Volunteer Appreciation Luncheon (PR Nancy Allan PR)	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 Beginners 2:00 - 3:30 pm Regulars	10:45 am Conversations (PR Sarah B.) 12:30 Cards (Card Group PR)	10:00 AM - 1:00 PM Class on Making Paper Beads (Judy Turner PR) 