

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – AUGUST 2021

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

## Glad to Be Back in Business

We are so happy that we are now fully reopened after such a lengthy closure due to Covid-19.

We are also very pleased to see a good turnout for our classes, like exercise, line dancing and Tai-Chi, as well as a great crowd for the July 3<sup>rd</sup> celebration. As we get back into the swing of things, we hope you will find activities of interest and come on down.



## Reading Group Wednesday, August 4 10:30-noon

If you enjoy reading, come and share what you have read. The choice is yours; there is no set book to read. Romance, mystery, thriller, historical, fiction or non-fiction, we love it all! It can be something you have just finished or have read in the past. Books are a great source of entertainment and enjoyment. They are like mini-vacations you can take every day or go wonderful places and meet interesting people. Shhhh, sometimes we talk about what we have enjoyed on Netflix, Amazon Prime or PBS too. Regular print, large print, audio books, e-books or e-audio, so many choices, so little time! And remember, we have the Pungo-Blackwater Library right next door to SRC. The friendly, helpful staff would love to help you find a good read. It's fun and free at the library. Join our jolly band of readers on the first Wednesday of every month starting on August 4<sup>th</sup> at 10:30. We'll be done by noon.



## COVID-19 Vaccination Clinic at SRC

Thursday July 29 9:00-11:00 am

The Virginia Department of Emergency Services, in partnership with the Virginia Beach Department of Public Health, will host a FREE Covid-19 community vaccination clinic in the Senior Resource Center on Thursday, July 29, 2021 from 9 to 11 a.m. Individuals 12 years of age and older are eligible to be vaccinated; however, minors 12-17 years old must be accompanied by an a guardian. Pre-registration is encouraged; however, walk-ins are welcome. The pre-registration link will be provided in the City's social media feeds once available. Attendees are required to wear a face mask. The follow-up clinic for the second dose vaccines is scheduled on Thursday, August 26 from 9 to 11 a.m. For additional information on Covid-19 vaccines, visit <https://www.vdh.virginia.gov/covid-19-faq>.

## Friendship Pot Luck Lunch Wednesday, August 18 11:30 am

We won't have a lecture, but instead we will chat about what friendship means to us and which of our friendships we prize the most. After prolonged isolation, we are very thankful we can once again get out of the house and be among our buddies. Bring a covered dish or dessert to share.

**Friendly Reminder** If you have been fully vaccinated, you do not have to wear a mask, but if you are not vaccinated, please mask up.

## July 4<sup>th</sup> Party

Much gratitude is owed those who helped make this big party such a success. Barbara Henley provided most of the food, Anne Bright baked the beans, Bob Giovanelli cooked the corn and Ken Roffler roasted the franks. Thanks, too, to Rita Trammell for decorating and to Johnnie Williams and Sharon Prescott for the food they brought. Our favorite vocal group, Fond Memories, was a wonderful addition to our celebration and we are so lucky they share their talent with us. One last thank-you to all the generous folks who made financial contributions to the SRC and Fond Memories.

## No Joint Luncheon with Princess Anne AARP

We will miss having our annual lunch with our AARP friends this August. AARP chapters are not yet meeting in person, so we could not schedule lunch with them. We were sorry to learn that one of their active members, Nancy Smith, passed away. Nancy was an avid supporter of the SRC and we will miss her.

## Virginian-Pilot Article About SRC

Pilot journalist, Olivia George, visited SRC on July 1, to observe our line dancing class and her article "For Seniors, dancing days are here again" appeared on page 3 of the Pilot on Monday, July 5 with a large, color photo of our vivacious member, Rosemary Stepnowski. We are thrilled to get this local publicity, but wish that our address, phone number and web address had been included in the article.



## Virginia Beach Cooling Assistance Program

Applications are accepted June 15 through August 15

### Assistance Available

- Air conditioning unit (window) - purchase and install
- Air conditioning unit (central) - repair air conditioning unit or heat pump
- Electric bill - operate cooling equipment
- Security deposit – electric

### Eligibility Requirements

- Must have cooling expense responsibility.
- Household must include one vulnerable individual age 60 or older, disabled or under age six.

### Additionally, an applicant must:

- Be a resident of Virginia Beach
- Have a cooling expense responsibility.
- Provide a copy of their current electric bill
- Submit a completed, signed application that includes information for everyone who lives in the household, whether they are included on any case (SNAP, Medicaid or TANF) or not
- Provide verification of all gross income for everyone in the household, earned and unearned for the month prior to the month of application.
- Earned income includes wages and salaries
  - pay stubs or copy of contract
  - self-employment (will need to provide last year's income tax return or bookkeeping records)

### How to Apply

- Option 1: Screen for eligibility and/or apply online through CommonHelp ( at [www.commonhelpvirginia.gov](http://www.commonhelpvirginia.gov)

- Option 2: Call the Enterprise Customer Service Center at 1-855-635-4370 (Monday - Friday 7 am and. 6 pm) to apply over the telephone or call Virginia Beach Department of Human Services at 385-3200
- Option 3: Submit an application manually. Download the appropriate application and return it to the VBDHS. Go to [www.dss.virginia.gov/benefit/ea](http://www.dss.virginia.gov/benefit/ea) to download the application.

## Five Things to Tell Your Future Executor

### 1. Where the original will is located

Identify the exact spot in your home where your will is stored. If it's filed with an attorney, provide the contact information. Do not put it in a safe deposit box, where it can be difficult to access after your death.

**2. Whom to Notify** List the people your executor/family might not think to tell or know how to reach, such as doctors, clubs you belong to, neighbors. Include contact information for each person on the list.

**3. Your passwords** Share passwords and access codes for your email, social media and other financial accounts and for any cellphones or computers. Be sure to provide information for all the accounts/bills you automatically may on line.

**4. Who gets what** Specify what happens to non-financial items, such as recipes, photos and mementos.

**5. Where your secrets are hidden** Point your executor or another trusted friend to the location of any skeletons you want cleaned from your closets, like old love letters, nude photos cash, etc.

*From AARP Bulletin May 2021, by Sharon Waters*



## New Board Members and Volunteers Needed

Most of our Board of Directors have served for many, many years and quite a few board members have resigned or passed away. We would love to get some “new blood” on board to help us continue to provide the SRC with leadership. If you are interested in serving, please let us know by calling the center at 385-2175 or emailing us at [info@vbsrc.com](mailto:info@vbsrc.com). The board meets only once a month on the first Thursday at 8:30 a.m. We also need more desk duty volunteers so we can keep our doors open on weekdays. We know you get tired of us begging for help, but we need more hands on deck.

**One More Vacancy to Fill** Our esteemed member, Mike Newbill can no longer help us assess our insurance needs as well as prepare our annual budget spreadsheet. We would love to hear from you if you are knowledgeable re insurance and can produce an Excel spreadsheet. Call us if you can help.

## Farmers Market Hoedown Schedule

These free outdoor concerts are held at the Farmers Market (at the corner of Princess Anne and Dam Neck Roads) every Friday night from 7 – 10 p.m. They perform, rain or shine. Bring your own chair or blanket to enjoy the great music.

August 6	Dallas Band
August 13	Timeline
August 20	East Coast Band
August 27	Nashville Tradition



Beginning May 3, 2023, every air traveler 18 years of age and older will need a REAL ID-compliant driver's license or identification card, state-issued enhanced driver's license, or another TSA-acceptable form of identification at airport security checkpoints for domestic air travel. U.S. travelers will have to obtain REAL IDs in order to board flights and to access certain federal facilities. A U.S passport will serve as an acceptable substitution for the REAL ID.

Secretary of Homeland Security Alejandro N. Mayorkas announced the Department of Homeland Security's extension of the REAL ID full enforcement date by 19 months, from October 1, 2021 to May 3, 2023, due to circumstances resulting from the ongoing COVID-19 pandemic. The pandemic has significantly impacted states' ability to issue REAL ID-compliant driver's licenses and identification cards, with many driver's licensing agencies still operating at limited capacity.

Go online to: [www.dmv.virginia.gov](http://www.dmv.virginia.gov) to get more information about applying for a REAL ID.

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## Items to Borrow

Did you know the SRC has a collection of DVD movies that you can borrow? We also have a large collection of jigsaw puzzles that you are welcome to borrow. If you have DVDs or puzzles you'd like to donate, just bring them next time you visit the center.

## Would You Like to Become Tech Savvy?



Many of us feel like we are in the Stone Age when it comes to using a computer or cell phone. If you would be interested in attending a future class or series of classes to teach you how to use your smart phone and/or your laptop, we'd like to hear from you. Call the center at 385-2175 and leave your name and number, or email us at [info@vbsrc.com](mailto:info@vbsrc.com). We are trying to line up instructors who could help us as a group or 1:1, and if you would be able to help provide those lessons, please let us know. Many of us found out that we were unable to sign up for Covid shots because we didn't know how to access the computer sites, so now's the time to learn how.

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## Center Improvements

We recently paid to have the icemaker in our fridge repaired and we also obtained new covering for the high, rear windows in the big room to cut down the glare. We also thank the City of Virginia Beach for providing us with a new water fountain and new toilets!

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## Food for Thought

May you never forget what is worth remembering, nor ever remember what is best forgotten. An old Irish proverb. Sometimes we need someone to simply be there...not to fix anything or do anything, but to just let us feel we are supported and cared about. Time, family and friends are three things that become more valuable, the older you get.

## Chuckles for the Day

I'm so good at multitasking that I can listen, ignore and forget all at once.

You can lead a human to knowledge, but you can't make it think.

The older you get, the more you become like a computer. You start out with memory and drive, then you start to become outdated and have to have all of your parts replaced.

I've been gooder, I've been badder. Many times thinner, lotsa times fatter...

There's stuff I remember and stuff I forget, but I've always been me and whatcha sees is whatcha gets!

## I've Learned...

That the best classroom in the world is at the feet of an elderly person

That just one person saying to me, "You've made my day!" makes my day.

That you should never say no to a gift from a child.

That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

That the simple walks with my fater on summer nights when I was a child did wonders for me as an adult.

That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

That it's those small daily happenings that make life so spectacular.

## Donations

Frances Mae Etheridge to be used as needed

Susan Flanagan in memory of David Flanagan

Nancy and Kenneth Wilson in honor of Barbara Henley

Jean Lewis to be used as needed

Beth Swanner in memory of her brother John Matthews

### 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



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# August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	1:00 PM Dominos (PR Linda A.) Cards (PR TBD)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	10:00 Reading Group (PR Marcia H.) 1:00 Cards (PR TBD)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 3:30 pm Regulars	10:45 am Conversations (PR Sarah B.) 9:30 - 10:30 AM Tai Chi (PR Garry D.) 1:00 Cards (PR TBD)	1:00 Game Day (PR Jo-Ann R.)
8	9	10	11	12	13	14
	9:30 AM Shutterbugs (PR Sharon P.) 1:00 PM Dominos (PR Linda A.) Cards (PR TBD)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	1:00 History (PR B. Henley) 1:00 Cards (PR TBD)	Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 3:30 pm Regulars	10:45 Writing (PR Jan D) 9:30 - 10:30 AM Tai Chi (PR Garry D.) 1:00 Cards (PR TBD)	
15	16	17	18	19	20	21
	1:00 PM Dominos (PR Linda A.) Cards (PR TBD)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	 Friendship Day Pot Luck Lunch 1:00 Cards (PR TBD)	Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 3:30 pm Regulars	10:45 am Conversations (PR Sarah B.) 9:30 - 10:30 AM Tai Chi (PR Garry D.) 1:00 Cards (PR TBD)	 6:30 to 9:00 PM Game Night (PR Rita T.)
22	23	24	25	26	27	28
	1:00 PM Dominos (PR Linda A.) Cards (PR TBD)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	1:00 History (PR B. Henley) 1:00 Cards (PR TBD)	9:00 - 12:00 PM Covid Vaccinations (Note: Only for the 2nd, follow up shot-- no new shot #1.) Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 3:30 pm Regulars	10:45 Writing (PR Jan D) 9:30 - 10:30 AM Tai Chi (PR Garry D.) 1:00 Cards (PR TBD)	
29	30	31				
	1:00 PM Dominos (PR Linda A.) Cards (PR TBD)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)				