

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – AUGUST 2022

IN OUR FOURTEENTH YEAR

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

## Annual Joint Luncheon with Princess Anne AARP Chapter Monday, Aug. 8 11:30 am

Join us for this annual get together with our AARP friends. We will provide our favorite Firehouse subs and chips and AARP will bring desserts and side dishes. SRC “members” are welcome to bring goodies too. Try to also remember to bring a non-perishable food item for the Charity Methodist Food Pantry.

### New Activity!

## SRC Crafters for Charity Monday, Aug. 8 10:30 am



We are starting a new activity group, thanks to our newest member, Gaby Morrison. Come to SRC on Mon., Aug. 8 at 10:30a.m. to find out what it's all about. Initially you will learn about the Knitted Knockers project. This neat program connects volunteer knitters and crocheters with breast cancer survivors to offer free Knitted Knockers to any women who want them. These hand-crafted breast prosthetics are a true gift to mastectomy patients as they are lightweight and washable. One of our members was gifted these years ago and can attest to the benefits. Come help us, have some fun, learn, and make these simple items to give many women their lives and happiness back.

We hope this new group will agree to meet regularly, maybe weekly, to take on additional craft projects that benefit the community, as well as provide fellowship as we sit, chat and

craft together. Gaby knows of quite a few other projects and we also want you to share your ideas and show us how to create other items. We think it would be wonderful if we could put all our talent to use and benefit others who are in need. If you can't make the initial interest gathering, check out:

<https://www.knittedknockers.org/make-a-knocker/> or pick up an instruction sheet out of the Knitted Knockers basket at SRC. Come early, before the AARP luncheon, and help get this new project off the ground!

Gaby has created a new, private Facebook group for us, SRC Crafters for Charity, Go online and join at:

<https://www.facebook.com/groups/3262270007325554>

## Drones Obstacle Course Thursday, Aug. 11 2:30-4:00 pm Pungo-Blackwater Library

Test your piloting skills as you learn to fly indoor Tello drones through an obstacle course. Drones



are becoming popular in agricultural communities as they offer enhanced efficiency and increased profitability. By quickly surveying vast stretches of farmland, drones can map properties, report on crop health, improve spraying accuracy, monitor livestock and irrigation systems, and more. Adults 18+. Registration is required and begins 2 weeks prior to the program through the Virginia Beach Public Library. To register call 757-385-0150 or go online at [www.vbgov.libraries](http://www.vbgov.libraries)

## **AED Training and Pot Luck Lunch**

**Monday, Aug 15 11:00 am**

Nancy Gregory, our board member and esteemed Virginia Beach Rescue Squad volunteer, will teach you (or refresh your knowledge) how to use our AED machine. Are you aware we have a unit? It sits on a small wall shelf on your right as you enter the kitchen from the area by the duty desk. AED stands for automated external defibrillator. It's a sophisticated, yet easy-to-use, medical device that helps to re-establish an effective heart rhythm in those experiencing sudden cardiac arrest. Whether you are an SRC volunteer or a member who attends activities, it would be a good idea to know how to use this machine. Many public buildings have these devices, so you could be a lifesaver if you are able to operate it when someone is in physical distress.

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## **Virginia Beach Public Library Special Services Lecture**

**Thursday August 25 3:30-4:30 pm  
Pungo-Blackwater Library**

Come learn about the many free services our public library has to offer to customers requiring special accommodations. From large print, digital, and talking books to Braille services, VBPL strives to meet the needs of those with visual, physical, or reading limitations. Whether you have a temporary or permanent condition requiring special accommodations, a representative from Bayside Library's Special Services will be on hand to help you best access the library's materials. Adults 18+. No registration required.

## **Where Have All Our New Volunteers Gone?**

We were elated last January when so many new volunteers signed up and completed training and began to sign up for duty slots. However, come July and once again we were facing multiple uncovered shifts! That means a visitor or caller finds no one there. We are so disappointed and frustrated. We may have to think again about reducing the days we can be open if we can't find enough dependable volunteers.

Also, if you have signed up for a shift and find out you cannot be there due to an unexpected appointment, we would like the volunteer to try to find their own substitute. Each active volunteer is encouraged to take a copy of the volunteer phone list from the blue folder on the duty desk so you can make your own phone calls. Of course, if you wake up sick you can't be expected to attend or scramble to find coverage. But please don't call our Volunteer Coordinator at home at o'dark thirty to tell her you will be absent! If you are ill, try to call the center to let them know, and leave a voice mail if no one is there.

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## **Are You A Caregiver for Someone with Dementia?**

If you are the primary caregiver for a person who has dementia, you might consider taking part in a research study. A local PhD student, Asia Owens, (pursuing her Doctor of Nursing via Radford University) is seeking participants in a new study regarding behavioral and psychological symptoms of dementia., i.e.: agitation, depression and psychosis. You could help researchers find new ways to help make your caregiving journey easier. The study requires about 45 minutes of your time online.

Contact [aowens31@radord.edu](mailto:aowens31@radord.edu) for information. Caregivers are stretched for time already and are under a lot of stress, but by taking part in this research, you may feel like you are part of a valuable project.

### Caregiver Support Group

Speaking about caregiving, if you are a caregiver to an older individual, consider attending a monthly caregiver support group. Facilitated by Nancy Allan, a group meets the third Friday monthly from 12 noon – 2 p.m. in the social hall at Nimmo United Methodist Church. Support groups provide more than support-- you can learn about resources, find out that you are not alone, and discover new ways to manage your caregiving role.

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### Postage Stamp Cost Increase

Are you aware that the cost of a stamp has increased yet again? First class postage increased to \$.60 on July 10<sup>th</sup>. If you are lucky and purchased Forever stamps previously, you're good to go.

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### Farmers Market Hoedown Schedule

These outdoor concerts are held every Friday night from 7-10 p.m., rain or shine, at the Farmer's Market in Virginia Beach. You can dance if you'd like or just sit in a chair that you bring and enjoy the free music.

- Aug. 5 Nashville Band
- Aug. 12 Dallas Band
- Aug. 19 Timeline
- Aug. 26 Nashville Tradition Band

### Streetlight Awareness Campaign

The City of Virginia Beach has launched a new campaign and asks residents to report damaged, burned out or otherwise non-functioning streetlights. Keeping our neighborhoods well-lit helps increase public safety by helping us be able to see road hazards and to better see what is happening near our homes.

You can report a light that's out by phone or online. If possible, you are asked to provide information from the ID tag on the pole. If you cannot reach the pole, you can report the general location, i.e.: the intersection or block number. Streetlights that are serviced by Dominion Energy have ID tags that begin with letter B, R, or N. Those outages should be reported at

[www.dominionenergy.com/streetlights](http://www.dominionenergy.com/streetlights) or by calling 866-366-4357.

Lights serviced by the City of Virginia Beach can be reported at

[www.vbgov.com/reportaproblem](http://www.vbgov.com/reportaproblem) or by calling 757-385-3111.

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### Date Correction Neptune Festival Senior Gala

Please note that the gala will be held Wed., Sept. 7 from 7-10 pm at the Convention Center. Tickets go on sale Aug. 1 at \$15 per person. Call their office at 757-498-0215 to reserve a spot. This is a popular event so don't delay in calling. By the way, valet parking will be available.

## DMV Direct at the Municipal Center

Did you know that the Division of Motor Vehicles has an outlet at the Virginia Beach Municipal Center? DMV Direct is at the new "City Hall" building, which sits behind the old one, at 2401 Courthouse Drive, VB 23456 and is part of the Commissioner of the Revenue office. It's open Mon.- Fri. from 8a.m. to 5 p.m.

This office does not issue driver's licenses or ID cards; however, they do handle vehicle-related transactions, including titles. They also issue fishing and hunting licenses, sell EZ-Pass On-the-Go transponders, handicap placards and customized plates. DMV Select agents are employed by Commissioner Philip Kellam and are City of Virginia Beach employees. Please be advised that parking in the area surrounding the new City Hall, Building 1 is limited. There are plenty of parking spaces on the municipal complex, albeit a short walk may be required. You may find you'll have a much shorter wait time at this handy location.

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## Palliative Care is Not Just for the Dying

While some of us may be familiar with the term "hospice," which provides help for someone who has a 6 month or less prognosis with a terminal illness, few of us have a clue about palliative care. The following article by Nora Macaluso from 2/21/22 will help you understand this very beneficial resource that most of our hospitals offer:

Dr. John Mulder, of Spring Lake, Mi., executive director of palliative care training center Trillium Institute, uses "life-defining" or "life-altering" to identify conditions that might benefit from palliative care. "Getting palliative services

doesn't mean that you are somehow giving up on treating an illness. It's quite the opposite. Many individuals are going to be diagnosed with something that is going to forever change them, and it's going to impact their longevity, impact their quality of life, and can place some burden of suffering upon them," he said. "What we do in palliative care is acknowledge the fact that we have something we can't fix," Mulder continued. "It might be modifiable, it might be manageable, but we can't fix it."

**The Symptom-Based Approach of Palliative Care** He added, "You don't have to be imminently dying to get palliative services. Getting palliative services doesn't mean that you are somehow giving up on treating an illness. It's quite the opposite. People with cancer, for example, can rely on the symptom-based approach of palliative care to build their strength so they're better able to withstand chemotherapy, he said. People with conditions like multiple sclerosis or Parkinson's disease can also benefit, as can those with Alzheimer's disease."

Palliative care is "really appropriate for anybody with a diagnosis of a serious illness, regardless of prognosis," said Brynn Bowman, CAPC's chief executive officer. Most insurance plans cover palliative care just as they would any other specialist service.

**Misconceptions About Palliative Care** Misconceptions about palliative care don't appear to be limited to the public. Physicians often associate it with end-of-life care and are hesitant to recommend it early in a patient's illness journey, palliative care specialists said. "It's really clear that the medical system isn't telling patients at the front line of their disease" what to expect, said Katy Lanz, with Personal Care Medical Associates. "Many well-intended, wonderful, smart physicians still are confused about what options people have," she said. Often, a doctor will diagnose a patient with a

serious condition "but not tell them it's a disease that one day ends their life," Lanz said. "There are decisions associated with that disease we should talk about with them while they're well."

If you or a loved one are dealing with a chronic illness, find out more by asking your doctor, the hospital staff or go online to the Center to Advance Palliative Care at [www.capc.org](http://www.capc.org).

## Funnies

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.

As I watch this generation try to rewrite our history, I'm sure of one thing: it will be misspelled and have no punctuation.

There is no such thing as a grouchy old person. The truth is that once you get old, you stop being polite and start being honest.

The older we get, the fewer things seem worth waiting in line for.

The older I get, the more clearly I remember things that never happened.- Mark Twain

I don't plan to grow old gracefully. I plan to have face lifts until my ears meet. -Rita Rudner

Don't let aging get you down. It's too hard to get back up!

Old people shouldn't eat health foods. They need all the preservatives they can get.

"At age 20, we worry what people think of us; at age 40, we don't care what they think of us; at age 60, we discover they haven't been thinking of us at all." Ann Landers

Birthdays are good for you. Statistics show that the people who have the most live the longest.

"I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawned on me---they're cramming for their final exam." George Carlin

## Donations

June Klag in memory of Helen Lane

Sue Myers and Wilson Craddock in memory of Helen Lane

Kenneth Wilson in honor of Barbara Henley

Creeds Ruritan Club for Memorial Day

John and Patricia Abbitt in honor of Rosemary Stepnowski

M. Arlene Landon in honor of Carol Todd

### 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](http://www.vbsrc.com) and help save printing and postage costs.

# August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		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 and Share (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 am Writing/Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	<b>1:00 Game Day (PR Jo-Ann R.)</b>
7	8	9	10	11	12	13
	<b>10:30 Crafting for Charity -- Initial interest meeting (Gaby Morrison PR)</b> ----- <b>11:30 AARP Joint Luncheon (PR Nancy A.)</b>	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 <b>2:30 - 4:00 Drones Obstacle Course - Pungo-Blackwater Library Call for reservations 757-385-0150, Space limited. (Angie V. PR)</b>	10:45 am Writing/Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	
14	15	16	17	18	19	20
	<b>11:00 AED Training (Nancy G. PR)</b> <b>Potluck Lunch to follow</b>	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.)		Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Writing/Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	 <b>6:00 to 9:00 PM Game Night (PR Rita T.)</b>
21	22	23	24	25	26	27
		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 Questions on Medicare-Medicare 1:1 Benefits Counseling (PR Bonnie Dozier)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars <b>3:30 - 4:30 Special Library Services Lecture, at the Library (Angie V. PR)</b>	10:45 am Writing/Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	
28	29	30	31			
		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.)				