

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – AUGUST 2024

IN OUR SIXTEENTH YEAR

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

Annual Joint AARP Luncheon

Tuesday, August 13 11:30 am

We will host the Princess Anne Chapter of AARP at this yearly event. SRC members please bring only entrees and side dishes. AARP members will provide desserts. Join us as we welcome our friends and if you aren't already a member of AARP, this is your chance to learn more about it. In case you might be interested in attending AARP meeting, the Princess Anne Chapter #5119, meets the 2nd Tuesday at 1p.m. at the Princess Anne Rec Center. Non-perishable food items are always needed for the area food pantry.

“Against the Current”

WHRO Documentary

Monday, August 19 11 am



Film and Pot Luck Lunch. This enlightening documentary, with incredible photography, is a must-see for anyone concerned about climate change and sea-level rise. Subtitled “Life on the Eastern Shore, Rising Waters, Land Loss” is an eye-opener! With fascinating interviews of locals, you'll learn so much about the concerns for residents of that area, which effect all of us as well. Join us for this special viewing and bring a luncheon dish to share after the film.

Mandala Tiles

Friday, August 16 3:00 pm

Pungo Blackwater Library

Mandalas have been used for centuries as a meditative tool. The word itself simply means “circle” in Sanskrit. and a geometric design, usually circular, used as an aide in meditation. Learn the techniques of this ancient art form to create a decorative tile to use as a coaster or display in your home. The class is for adults and pre-registration is required. Call 757-385-0150.

Photographing Nature

Wednesday, August 21 3:00 pm

Pungo Blackwater Library

Learn techniques for getting the perfect nature shot from avid photographer, Denise Nichols, of Pungo-Blackwater Library. Share ideas, questions, and tips with fellow photographers and learn about the photography technologies offered through Virginia Beach Public Library. For adults. Registration is not required.

Neptune Festival Senior Gala

Wednesday, Sept. 4 6:00-9:00 pm

Virginia Beach Convention Center

This yearly event. Tickets are \$15 per person and must be purchased in advance. No tickets will be sold at the door. Ticket sales begin August 1st. Purchase you ticket by calling 757-498-0215. Ticket includes buffet dinner, non-alcoholic beverages (alcoholic drinks will be for sale) and live music. This wonderful evening is open to anyone over the age of 62 years. If you love socializing and dancing, get out your fancy duds and enjoy yourself.

Back to School Day for Virginia Beach Public Schools

Monday, August 26

Keep in mind that school resumes at Creeds Elementary School, so be prepared to be alert regarding buses and parents' vehicles in our parking lot. Depending on the time of day, there may be a long line of parents dropping off or picking up their kids, so pay attention. Remember, too, as you travel around Virginia Beach, to watch for flashing red lights on our school buses and prepare to stop. It's the law! Also take note of flashing lights on signs on the roads near schools that tell you to slow down to 25 m.p.h. Don't risk getting a ticket just because you are in a rush.

Can You Help?

While we continue to beg for "duty" volunteers to man the phone, we would like to create a group of volunteers who are willing and able to help set up for every event- put up table and chairs, decorate for special events, and help break down after events. If we get enough response, volunteers could take turns by signing up for specific dates when help is needed. Depending on the schedule for other activities in the main room, set up sometimes can happen just prior to an event (1 hour before if only tables/chairs needed for a lecture and 2 hours if decorating is also needed.) Don and Rita Trammell have been faithfully setting up all the tables and chairs, but it is past time for others to step up and take a turn. Only a few of us have done the decorating, and we would welcome relief as well. You would not have to design or purchase the decorations- just put them up.

Another "job" that could use some worker bees is in the kitchen. Anne Bright is always there hours before every pot luck (and there till the very end) making beverages and setting everything up. Those who appear ten minutes ahead of a lecture and ask what they can do to help don't realize that all the prep work is already done by then.

In the almost 17 years we've been open, we have personally aged 17 years, and our bodies are protesting. So, we welcome younger seniors who have more energy who will pitch in and share the work. The SRC is a joint effort, and we need to increase the number of us who do all the leg work. So please join us. Call 757-385-2175, stop by the center or email at info@vbsrc.com and let us know your name and number.

Princess Anne County Graves: Fields, Farms and Churches

This book, produced by our History Group, is now available at the SRC. It is available for sale for \$22, including tax, payable in cash or by checks made out to "Glimpses." It is an amazing compilation of local cemeteries, with the names and dates of those buried there.

Note for Card and Game Players

Gerry and Bev MacDonald will not be able to teach new card games after all. If any of you would like to try playing a new game, to add some variety to the hand and foot card game that is played regularly, let us know and we can set up a trial date. Mahjong and euchre have become popular weekly games, and there are lots of blank spaces on the activity calendar just waiting for a new activity.

Farmers Market Friday Night Hoedowns

These free concerts are held every Friday night, from April through October at the Farmers Market, located at 3640 Dam Neck Road, at the intersection of Princess Anne and Dam Neck Roads, across from Landstown Shopping Center. The concerts are held rain or shine, from 7-10 p.m., and line dancers are welcome to join in. It's suggested that you bring your own blanket or chair.

August 2024 Band Schedule

8/2	Dallas Band
8/9	Timeline
8/16	The Country Rockers
8/23	Timeline
8/30	The Country Rockers

SRC Line Dance Class Schedule

Make a note on your calendar that line dancing will not take place on August 15, or September 12, when the dancers will go out for lunch.

Disposal of United States Flags

If you noticed, when hanging your flag for the 4th of July, that it was well-worn, you can properly dispose of it by taking to the Princess Anne Library on Nimmo Parkway. You will find a box in their lobby. These old flags are used by local funeral homes for the cremation of U.S. veterans.



New Resource for Veterans and Military Families

AARP has produced a new on-line tool to help veterans learn about what may be available to them to make their homes easier to navigate for both the veterans needing care, as well as for their caregivers. The Home Modification Benefits Guide will show you how to:

- Discover ways to help purchase, construct or modify your home.
- Apply for home modification grants and related assistance and programs
- Locate free help from certified veterans service organizations.

According to the U.S. Department of Veterans Affairs, these grant programs offer more than \$150 million in funding annually, but fewer than half of eligible veterans apply. Find the guide at: www.aarp.org/vetshomebenefits.

Daily Living Tips for ADHD (That May Help All Adults)

If you truly have attention deficit disorder, or just have too much to remember, these organizing tips can help you manage your time and activities better:

- Get in the daily habit of putting all your appointments and activities on a calendar. It doesn't matter if it's a day planner, smartphone app, or just a plain, old-fashioned calendar. Keep it in one spot and check it regularly.
- Make a new "To Do" list every morning. List the things you want to get done that day. Try to keep your list realistic, so you'll have a better chance of getting almost everything done. Arrange your tasks on order of importance, putting the most important ones

first. Cross off each task when you complete it.

- Start organizing, one room at a time. Don't be intimidated by the idea of "getting organized." Start by putting things back where they belong and by throwing away things you don't need. Tackle one room at a time and if necessary, divide the room into sections. Schedule time to organize on your calendar.
- Ask yourself whether you want to keep items, donate them, or toss them. If you're not sure, put them in a separate box to consider later.
- Make organization a daily habit. If you chose to keep items, find a proper place to keep each one. Use filing cabinets, labels, baskets, clear storage boxes.
- If you take an item out, put it back after use.
- Take a few minutes at the end of each day to pick up and return items to their proper places. Keep a box or basket for loose papers and other mislaid items to be put away. Go through it at the end of each day.
- Keep small items together. Place a small table or shelf near your front door. Put a tray or dish on it to hold important items, such as keys, wallet, watch, eyeglasses and cell phone. You can also place other items on it, such as outgoing mail, lunchbox, briefcase and important papers.
- Plan a rotating menu that you can cook easily, perhaps a "top 10" dinner list. Try to keep the needed ingredients on hand. Plan a night regularly where you will get take out or have a meal delivered.
- Follow a mail routine by checking and sorting your mail each day. Open your mail daily and discard junk mail. Try to keep your important mail in one place and review it regularly, or cut down on paperwork by arranging to pay your bills online.

- Use electronic reminders if you are tech savvy. Use your devices to remind you of appointments.
- Try to avoid multi-tasking by doing only one task at a time. Be aware of how much time you spend on your cell phone and computer so you can tackle your "to do" list more efficiently.
- Fight boredom- if you get bored easily, doing routine tasks or paperwork, break up tasks into smaller tasks, or take a short break.
- Simplify your life with fewer tasks. Organizing and simplifying your surroundings will help you reduce clutter, keep better track of your belongings, and remove some of the distractions that may prevent you from focusing. Try not to overschedule yourself to start too many projects at one time.

Start a task and set a timer for 15 minutes and focus on that one task. When the time is up, if you feel you can continue with that task, do so for another 15 minutes, etc. If you can't do any more, switch to another task or take a break.
from webmd.com

Virginia Beach Police Department First Precinct

Most SRC members reside in the VBPD First Precinct, the largest of the four precincts. The Commanding Officer is Captain Michael Clark. The Community Liaison Officer is MPO Kevin Boda, who works to form cooperative relationships with community groups. The first precinct is located at 2405 Courthouse Drive at the Municipal Center and can be reached directly at 757-385-4377.

The Citizen's Advisory Committee (CAC) for this precinct meets at the First Precinct the first Wednesday monthly, at 6 p.m., except for July and August. All Virginia Beach residents are welcome to attend. The CAC aims to help foster a sense of community and works towards effective and efficient community relations. It's a venue where residents can obtain information, discuss concerns and ask questions about community issues. It's an ideal way to get to know your police staff as well as representatives from other City agencies and departments. It's also a great way to demonstrate your support of our police department.

If you live in other precincts, you can check online for information about your precinct and the CAC that covers your area. You can find a map that shows the precincts at www.vbgov.maps.arcgis.com and you can find precinct information at www.police.virginia-beach.gov.

AARP Home Fit Guide

AARP has a free, very helpful guide online that shows ways to make your home comfortable, safe and a great fit as you age. Since most of us want to remain in our own homes, here's a good way to make that a reality. The 36-page guide provides very clear illustrations to show you what things you need to consider and what changes you might want to make in your home. Take a look.

Trouble Taking Your Pills?

Speech language pathologist Adria Thompson provides these tips:

- Take a drink of water before, as well as after taking each pill.

- Put pills in yogurt, applesauce, ice cream or pudding
- Tuck your chin down instead of tipping your head down.

If you or your loved one experience increased difficulty swallowing your medications, consult with a speech pathologist, or ask your doctor/pharmacist if a particular pill can also be ordered in liquid form, can it be crushed, or is there a patch available. If your loved one has dementia, it may help for you to demonstrate putting the pill in your mouth and taking a sip of water, acting out the steps.

DONATIONS

Beth Swanner to the SRC, a place to enjoy events with friends

Phyllis and Don Arth in memory of Mary Alice Gilbert and Helen Lane

Larry Heidelbaugh to be used as needed

Anonymous to be used as needed

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

<p>President Johnnie Williams 757 470-7186</p> <p>Vice President Sharon Prescott 757 630-2660</p> <p>Treasurer Pat Jenkins 757 618-5304</p>	<p>Hours of Operation Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p>
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Councilwoman
Barbara Henley
757 426-7501

Newsletter
Nancy Allan
757 422-1292
Anne Bright
757 426-7832



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August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
4	5	6	7	8	9	10
		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 Angie V.)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	
11	12	13	14	15	16	17
	2:30 Bonkers for Bunko at the PBL Reg. Req. (PR. Angie V)	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.) 11:30-1:00 AARP Joint Luncheon (PR Nancy A)	1:00 History (PR B. Henley)	No Line Dance Class (PR Rita T) 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR) 3:00 Mandala Tiles, PBL, Reg Req. (Angie V)	 6:00 to 9:00 PM Game Night (PR Rita T.)
18	19	20	21	22	23	24
	10:00-11:00 SRC Crafters for Charity-C4C (PR Gaby M.) 11:00 WHRO Documentary "Against the Current" & Pot Luck to Follow (PR Nancy A)	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.)	3:00 Phtographing Nature PBL, No Req, Req. (PR Angie V)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	
25	26	27	28	29	30	31
	First Day of School Watch for Students and Buses	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 Benefits Counseling 1:1 By Appt Only Medicare (PR Eileen Churchill)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	