

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – DECEMBER 2023

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

### Seashell Decoupage

**Saturday, Dec. 2 10:00 am**  
**Pungo-Blackwater Library**

Come create a one-of-a-kind decoupage seashell that your family and friends will admire. These beautiful creations make excellent soap or trinket dishes or festive ornaments to keep in your home or gift to others. Adults. Registration is required. Call The library to register at 757-385-0150.



### Christmas Luncheon and Carol Singing

**Saturday, Dec. 16 11:00 am-1:00 pm**

Join us for this heartwarming gathering. Ena Dawson and her family will once again spoil us by providing us with a wonderful meal and Peggy Nelson will accompany us as we sing



Christmas songs. This is the perfect way to get in the holiday mood. As a special treat, you do not have to provide potluck dishes, so just bring a good appetite. This was a grand event last year, so be sure to RSVP no later than Dec. 8. We are so blessed that the Dawsons take such good care of us.

*Merry Christmas*

### CES Chorus and Tree Decorating at SRC

**Wednesday, Dec. 6 2:30 pm**



This is an annual highlight of the holiday season. The sweet kids from Creeds Elementary School Chorus will brighten our spirits and warm our hearts with their holiday music, and the Art Club will also bring hand-made decorations for our Christmas tree. What a wonderful way to bring us holiday cheer! We will serve these sweet students' hot chocolate and cookies, so please bring cookies, homemade if possible and without nuts, to share. We'd love to see a good turnout of SRC members, so be sure to join us. There is something very special about sharing the holidays with children, so be prepared to feel a bit teary.



### Christmas Day Potluck Lunch

**Monday, Dec. 25 1:00 pm**

Rose Doucette, our youngest volunteer and daughter of *Princess Anne Independent News* Editor John-Henry Doucette, has graciously offered to be the hostess for this holiday get together. Please bring a dish to share – maybe someone would like to bring ham biscuits? If you'd like to be with other people on this special day, come down and enjoy the fellowship at SRC.

## Angel Tree

If you aren't familiar with this annual drive, its purpose is to assure that needy kids get to enjoy the holidays. You simply pick an angel tag at the Senior Resource Center (which notes the age of the child and what gift the child would like)



Then go shopping, and then return the gift to the SRC. Hopefully you will have already been by the center to pick up an Angel Tree gift tag. In past years we have been very generous with the gifts we have provided the students from Creeds Elementary, so that they can receive holiday gifts. The deadline to return your donations is Friday, December 15. If you can't stop by SRC to choose a tag, you can call and ask the phone volunteer to choose one for you. This year we can wrap our gifts, if you'd like, but no matter what, be sure to include your angel tag on the gift, and a gift receipt, so the school counselor will know which child and family the gift is for. We know your budget has gotten tighter with prices of everything going up, but hopefully we can still manage to find a few extra dollars to bring joy to a child.



## New Year's Eve Celebration Sunday, Dec. 31 2:00-4:00 pm

Join emcee Barbara Henley to ring in the New year. No need to stay up late—you'll be able to be back home before dark! Bring snacks to share and see the New Year out with friends. It's fun to mark the end of one year and the beginning of another, so be sure to be part of this annual get together.

## Butterfly Garden at SRC

Thanks to Gaby Morrison and her husband Tommy, SRC had its first time ever butterfly garden. Gaby has been a certified butterfly gardener for years, and she generously gave of her knowledge and experience to start our garden. She also provided all the plants! Hopefully you noticed the starter garden at the front, right corner of our building.



Gaby has applied for our new garden to be formally certified as a monarch waystation, which makes us official. We are very thankful for Gaby's ideas, energy and participation. She is also the creator of our popular new group. Craters for Charities.



## Birds of A Feather by F.W. Muth

The heart is a garden where thought flowers grow.

The thoughts that we think are the seeds that we sow.

Every kind, loving thought bears a kind, loving deed.

While a thought that is selfish is just like a weed.

We must watch what we think, each minute, all day.

And pull out the weeds and throw them away.  
And plant loving seed thoughts so thick in a row.

That there will not be room for weed thoughts to grow.

## Holiday Blues

Although we all wish each other “Happy Holidays,” it isn’t always a happy time for some of us. If we have had a difficult year, due to illness, the death of a loved one, or some other major life change, holidays may be very



depressing to us. If you are a caregiver, holidays may be very challenging, as the memories of past holidays may be sad reminders of how much things have changed.

It is helpful to find new ways to celebrate if you find yourself dreading the arrival of Christmas, or any other special day, like an anniversary or a birthday. You might consider starting a new tradition or finding a way to honor someone in a different way. It might help to plan a quieter or smaller gathering if the thought of a large family get together is overwhelming. Try to avoid being alone, as friends or loved ones nearby can really help to boost your spirits. And don’t be afraid to share your sad feelings with those closest to you. If you are able, attend the Christmas luncheon or New Year’s Eve party at the Senior Resource Center and find out that “you’ve got a friend.”



## Fall Prevention

As a follow up to the excellent lecture we recently had regarding fall prevention and balance, here are 13 things that can affect those two issues. These are provided by a tool called FROP- Falls Risk for Older People in the Community that are used for assessing fall risk.)

- History of falls

- Medications
- Medical conditions
- Sensory loss (hearing, sight)
- Feet and footwear
- Cognitive status
- Continence
- Nutritional status
- Environment
- Functional behavior
- Function
- Balance
- Gait/physical

As you can see, there are so many factors that affect your balance and ability to walk safely. Bet you never realized so much is involved in staying upright!

There are things you can do to improve your status:

- Build your balance
- Strengthen your legs
- Check your medicines
- Keep a healthy mind
- Fuel your body
- Make your home safer
- Check your eyesight
- Wear safe footwear

To read more about this, go online to [www.injurymatters.org](http://www.injurymatters.org) where you will find more complete descriptions of each risk and each tip mentioned above. And don’t forget that you can now receive Medicare covered physical therapy by calling a physical therapy center and asking for an assessment by a licensed doctor of P/T. Several of our members have done so since our lecture, and they have found the therapy to be extremely beneficial.



## Absentee Ballots

Did you know you can process an absentee ballot application up to a year before the election? When you apply, you can choose to receive an absentee ballot for only one election, or you can opt to receive absentee ballots for all future elections. You no longer need a reason to qualify for an absentee ballot. You may decide it would make life easier to vote absentee and avoid lines at the polling places. Once you have applied, you will be mailed your ballot around 45 days prior to the election. You can then mail your ballot back or drop it in the ballot box at the Municipal Center. You can complete the application online by going to [www.vote.elections.virginia.gov](http://www.vote.elections.virginia.gov) or you can call the Virginia Beach Voter Registrar at 757-385-8683.



## We Need More Doers

While we are always begging for more phone duty volunteers, we have realized we also need to create a dependable group of volunteers to help with the setup and breakdown of every special event/activity. We have been fortunate to have Johnnie Williams and Don Trammell faithfully put up the tables and chairs before every lecture and potluck, and several fellows always offer to help put all those items away afterwards. But it would help to know exactly which members will do what and when.

“Someone” has to put tablecloths out and decorate for special occasions, and “somebodies”, usually Anne and Nancy, have to set up the kitchen for serving food. Usually, several people pitch in to clean up after the function and someone puts the trash out. Could we set up a committee to do these chores? Would you be a part of it.

Have you ever thought about all that it takes to provide a special activity? Most of us just show up with a potluck dish a few minutes before the activity begins, but there are lots of steps leading up to that time.

- Monthly meeting of Activity Committee comes up with an idea/topic for a lecture or a party and sets a tentative date. Activity calendars are usually planned three months ahead.
- One member of that small committee volunteers to contact the future guest (speaker, vocalist, etc.) to confirm a date and advises the committee of that date.
- The newsletter editor writes a blurb about the special event.
- A flyer is made to advertise the program.
- The flyer is emailed out by Johnnie Williams.
- A committee member calls the speaker/vocalist to reconfirm the date a few days before the event.
- “Someone”, usually Anne, makes sure adequate kitchen supplies are on hand, like paper goods, coffee, etc.
- “Somebody” makes sure necessary tables and chairs are put up ahead of time; If the phone volunteer is physically able, she usually helps.
- A committee member introduces the speaker to the attendees.
- A committee member sends or calls to thank the speaker after the event.

This may sound easy-peasy, but it requires quite a bit of time and thought. We would love to add some more members to share these duties.



## Durable Medical Equipment Lending Programs

As you may find out when you are discharged from the hospital or nursing home rehab, all the special equipment that you may need may not be provided. In order to make your return home easier and safer, you may be able to borrow a piece of equipment from these two local resources:

- The Virginia Beach Public Health Department has just begun a new program that can provide such equipment at no cost. Call Kelly Lee at 757-406-9077 for more information.
- Charity United Methodist Church 4080 Charity Neck Rd., VB 23457 757-7296. You can call the church office Mon.- Fri. from 9a.m.-1p.m. to get more information.

If you have durable medical equipment that you would like to donate, call those numbers above. If it is necessary for you to deliver such an item to the Senior Resource Center, rather than directly to the church or health department, please call Nancy at 757-422-1292 (leave a message please) before you plan to deliver it to SRC to make sure we have the temporary space to store it. In the past we have received walkers, wheelchairs, bath stools, etc. without any warning, and we simply don't have enough space to collect very many.

There is also a longstanding program we have mentioned in the past, F. R. E.E., that provides an amazing array of equipment, but it is necessary to fill out an application and meet their criteria in order to obtain their items. Find out more about this organization at [www.free-foundation.org](http://www.free-foundation.org) and click on "South Hampton Roads" or call them at 757-771-6183.

## Donations

Barbara Vaughan to thank the volunteers.

CC Thrasher for all the helpers.



### 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  
757 470-7186

#### Vice President

Sharon Prescott  
757 630-2660

#### Treasurer

Pat Jenkins  
757 618-5304

#### 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  
757 426-7501

#### Newsletter

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



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.

# December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>					<b>School Closed</b>	<b>1</b>
					10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	10:00 Seashell Decoupage at the PBL, Registration Required Call 757-385-0150  1:00 Game Day (PR Jo-Ann R.)
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>Pearl Harbor Day</b>	<b>School Closed</b>	<b>8</b>
	2:30 Bonkers for Bunko at the Pungo Blackwater Library (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.)	10:30 - 12:00 Read and Share (PR Angie V.) 2:30 PM Creeds School - Christmas Carols and Tree Decorating at the SRC Parents and Grandparents are Welcome	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dances 2:00 - 3:30 pm Regulars	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>School Closed</b>	<b>15</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 Easy Line Dances 2:00 - 3:30 pm Regulars	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR) "	11:00 AM to 1:00 PM Holiday Luncheon Party Call 757-385-2175 to RSVP by Dec. 8  2:30 Bonkers for Bunko at the Pungo Blackwater Library (PR. Angie V.)  6:00 to 9:00 PM Game Night (PR Rita T.)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>School Closed</b>	<b>School Closed</b>	<b>23</b>
	10:00 Crafters for Charity (PR Gabby M.)	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.)		No Line Dancing	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	
<b>24</b>		<b>School Closed</b>	<b>School Closed</b>	<b>School Closed</b>	<b>School Closed</b>	<b>30</b>
 <b>Christmas Eve</b>	<b>Christmas Day</b> 1:00 PM Christmas Pot Luck Join in the holiday spirit. Bring something to share (PR- Rose Doucette)	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 Dancing	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR)	
<b>31</b>	<b>January 1, 2024</b>					
2:00 - 4:00 PM New Year's Eve Party Bring Snacks to Share (PR Barbara H.) 	<b>New Year's Day</b> The SRC will be Closed					