

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – FEBRUARY 2021

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

**The Senior Resource Center will be operating according to the health situation at the beginning of April. Our first consideration will be the health and safety of our patrons. Please check the website and the message board outside the building for updates on times of operation.**

**For 2021, let's make our mantra "Let there be peace on earth, and let it begin with me." We hope and pray this year will be better.**

## Covid-19 Vaccine

### When Can I Get Vaccinated?

The Virginia Department of Health can advise you when you will be able to get the Covid 19 vaccine. This does not mean you will be given a specific appointment time, but rather you will be advised when the vaccine will be available in your area. Find out which phase of the vaccination campaign you fall in by going onto their site and answering a few questions.

### [VDH When Can I Get Vaccinated?](#)

While the vaccine supply is limited, COVID-19 vaccine will be offered in phases. People who are more likely to have severe COVID-19 illness and workers that are essential to the functioning of society will be offered the vaccine in the earlier phases.

## COVID Vaccine Available for Military Retirees and Dependents Aged 75+

The Naval Medical Center Portsmouth is administering the COVID Vaccine to those eligible 75 years old and older.

This is restricted to retired military and dependents who meet the age requirement.

For additional information you may contact the Immunization Clinic at 757-953-2209. The hours of operation are M-F 7 am – 4 pm and Sat 7 am to 12 pm. There is no appointment needed as this is a walk-in Immunization Clinic.

A West Neck resident was vaccinated on Jan. 5th, and shared that it took about 45 minutes total to get his first shot.



## New Virginia State Law:



### REMINDER, NEW LAW:

As of Friday, Jan. 1, it is illegal to hold a phone or other mobile device while driving in Virginia.





EYES UP.  
PHONE OFF.  
*Save Lives.*

46.2-1078.1. (Repealed effective January 1, 2021)

A. It is unlawful for any person to operate a moving motor vehicle on the highways in the Commonwealth while using any handheld personal communications device to:

1. Manually enter multiple letters or text in the device as a means of communicating with another person; or
2. Read any email or text message transmitted to the device or stored within the device, provided that this prohibition shall not apply to any name or number stored within the device nor to any caller identification information.

B. It is unlawful for any person while driving a moving motor vehicle in a highway work zone to hold in his hand a handheld personal communications device.

C. The provisions of this section shall not apply to:

1. The operator of any emergency vehicle while he is engaged in the performance of his official duties;
2. An operator who is lawfully parked or stopped;
3. The use of factory-installed or aftermarket global positioning systems (GPS) or wireless communications devices used to transmit or receive data as part of a digital dispatch system; or
4. Any person using a handheld personal communications device to report an emergency.

D. A violation of subsection A is a traffic infraction punishable, for a first offense, by a fine of \$125 and, for a second or subsequent offense, by a fine of \$250. A violation of subsection B is punishable by a mandatory fine of \$250.

## City of Virginia Beach Senior & Disabled Real Estate Tax Relief



The annual application period for exemption or reduction of your Virginia Beach real estate tax begins February 1. The Commissioner of the Revenue will be scheduling face-to-face appointments and you will be required to wear a mask.

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
- 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 \$57,829 for TAX EXEMPTION
- Annual household income must not exceed \$75,455 for the FREEZE
- Assets must not exceed \$350,000 (OTHER THAN RESIDENCE)

**The percentage of tax exemption varies based upon income level**

**Call 385- 4385 to make an appointment, the sooner the better.**

## Friday Morning Yoga Class with Linda Tingle

Here's another reminder that our very own yoga instructor, Linda Tingle, continues to make her free yoga classes available every Friday morning at 9:30 a.m. via her Facebook page. "Friend" her on Facebook at Linda Tingle, so you can do yoga from your own home. Linda's smiling face and soothing voice are sure to brighten your day and make you feel much better. We thank her for her continued generosity in providing her instruction to anyone who is smart enough to take advantage of this. Namaste.



## Do You Have A.A.A.D.D.?

Recently I was diagnosed with A.A.A.D.D.--- Age Activated Attention Deficit Disorder. This is how it manifests:

I decide to wash my car. As I start toward the garage, I notice that there is mail on the hall table.

I decide to go through the mail before I wash the car.

I lay my keys down on the table, put the junk mail in the trashcan under the table, and notice the trashcan is full.

So, I decide to put the bills back on the table and take out the trash first.

But then I think, since I'm going to be near the mailbox when I take the trash out, I might as well pay the bills first.

I take my checkbook off the table and see that there is only one check left.

My extra checks are in my desk in the study, so I go to my desk where I find the can of Coke that I had been drinking.

I'm going to look for my checks, but first I need to push the Coke aside so I won't accidentally knock it over. I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye—they need to be watered.

I set the Coke down on the counter and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water, and suddenly I spot the T.V. remote. Someone left it on the kitchen table.

I realize that tonight, when we go to watch T.V., I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I splash some water on the flowers, but most of it spills on the floor.

So, I set the remote back down on the table, get some towels, and wipe up the spill.

Then I head down the hall, trying to remember what I was planning to do.

At the end of the day: the car isn't washed; the bills aren't paid; there is a warm can of Coke sitting on the counter; the flowers aren't watered; there is still only one check in my checkbook; I can't find the remote; I can't find my glasses, and I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled, because I know I was busy all day long, and I'm really tired.

I realize this is a serious problem and I'll try to get some help for it, but first I'll check my email...

The author of the above piece is unknown, but he/she must have been following most of us around. Especially during this pandemic, when most of us are home much more than we used to be, we may feel very scattered and sidetracked. That's o.k.—just take a deep breath and know tomorrow will be a new day.

## Food for Thought

Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Our brains work slower in old age, but only because we have stored more information! Our brains don't get weak. We simply know more.

You are the painter of your own mood. Your day is only as grey as you allow it to be.

You don't have to attend every argument you're invited to.

## Donations

Thomas and Ann Ackiss in memory of Donovan Bonney and David Flanagan

Johnnie and Rae Williams – envelopes for newsletter mailings

W. Kenneth Wilson, Jr. in honor of Barbara Henley

## Chuckles for the Day

It's not age that bothers me... it's the side effects.

To thrive in life, you need three bones:  
A wishbone  
A backbone  
And a funny bone.

Older people often go to another room to get something and when they get there, they stand there wondering what they came for. This is not a memory problem. It is nature's way of making sure older people do more exercise.

When chickens communicate, do they use foul language?

Stopped by a roadside stand that said lobster tails \$2.00 I paid my \$2.00 and the owner says, "Once upon a time there was this lobster..."

I remember being able to get up without making sound effects... Good times!

If you love something, set it free. If it comes back, it's yours. If it doesn't, it never was. And if it just sits there on the sofa, watching TV, unaware that it's been set free, you probably married it or gave birth to it!

How does Moses make tea? Hebrews it!

I stayed up all night to see where the sun went, and then it dawned on me!

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

### 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

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.

# February 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12 Lunar New Year	13
14 Valentine's Day	15 Presidents Day	16	17 Ash Wednesday	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	Notes				