

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – FEBRUARY 2024

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

Annual First Responders Appreciation Luncheon

Monday, Feb. 5 11:00 am-2:00 pm

Join us as we show our gratitude for all that our first responders do to assure our safety and well-being. We will supply the main entrée, but we ask you to bring side dishes and desserts. We always have a great turnout of firemen, police and rescue squad members, so we encourage you to bring large servings. This is your chance to meet and get to know these heroes, so we hope to see lots of our members attend.



Bonkers for BUNKO!

Feb. 12 & 24 2:30 pm

Pungo Blackwater Library

Looking for a fun, social game that involves zero skill but 100% luck? Join us for the ever-popular game of BUNKO, and see how lucky you can be! Adults. Registration is not required.



Lunar New Year Red Envelopes

Wednesday, Feb. 14 3:00 pm

Pungo-Blackwater Library

Red envelopes are a traditional way of giving money as a gift during Chinese New Year and other occasions in China and some Asian countries. Come learn about the origins of the tradition and make your own red envelopes to give to the special people in your life. Adults. Registration is required, so stop by the library or call 757-385-0150.

Fond Memories

Sunday, Feb. 25 2:00-4:00 pm

Our favorite vocal group, Fond Memories, returns to entertain us as they take us down memory lane. If you haven't been lucky enough to hear them before, come on down and you are guaranteed to have a grand time. We scheduled them for a Sunday afternoon, as we realized many of us do not like to drive in the dark, so their Friday night concerts were not always as well attended as we'd have liked. During intermission, we will enjoy some treats, so please bring a dessert or nibbles to share. While there is no charge, we will collect donations for this wonderful, volunteer group of talented singers.



AARP Safe Driving Course

Wednesday, April 17 & Thursday, April 18
9:00 am-1:00 pm



Driver Safety



This very helpful course, also called Smart Driver, will be held at the SRC. This class is designed for those 55 years and up and will refresh your knowledge of traffic laws and driving skills. and costs \$20 per person if you are an AARP member, and \$25 if you are not a member. AARP membership costs only \$12 a year and entitles you to a monthly magazine and newspaper, as well as many other benefits. Pre-registration is required, and this session will be limited to those who attend the SRC or those who reside in the nearby area. We have assured AARP that we can fill a class- 12 is the minimal number, but we hope to sign up more than that. Please call the SRC at 757-385-2175

or email us at info@vbsrc.com to register. Payment will be collected at the class. Proof of taking this class will be provided so you can see if your auto insurer will provide a discount. The instructor for our class will be Eddie Carr. AARP has partnered with Sentara to offer these courses as part of a new injury prevention program.



Belated Thanks

The newsletter creator, Nancy Allan, apologizes for having omitted one major group of helpers in the lengthy list of volunteers in the Dec. newsletter. She apologizes too, if she left anyone else out.

The Newsletter Patrol is a well-oiled machine, and you probably have no clue what it takes to get your newsletter delivered to you. The Patrol is headed by Martha Giovanelli, who readies envelopes for mailing, applying return address, postal permit and address labels with the help of Dot Sullivan, and Martha advises her worker bees when the new newsletter has been delivered to the SRC. Johnnie Williams or Sharon Prescott prints the mailing labels. Mary Ann and Bill Cupper pick up the printed newsletter at the Municipal Center and deliver it to the SRC. Dianne Greene, Dot Sullivan, Chris McClenny, Becky Salmons and Phyllis Vinson fold, stuff and seal the envelopes. Dianne and Phyllis verify the count for the post office. Barbara and Al White deliver the newsletters to the Lynnhaven Main Post Office for mailing. We use bulk mailing to get a reduced postage rate, so we never know how long it will take for you to find the newsletter in your mailbox. Just remember as you read your hard copy that many very dependable and dedicated volunteers made it happen.

One other omission- belated thanks to Jim Morrisette for ALL the food he brought to the

Holiday Luncheon. He spoils us with his talent in the kitchen.

Another omission, which Nancy purposely omits, is Nancy herself! Nancy came to the SRC as a city employee from Human Resources to guide us as we began this project 16 years ago. She opened our eyes to so many services that the city could provide, most of which we had never heard of down here in the forgotten end of the city. Nancy writes most of the newsletter every month because she still has access to publications and city information due to her support group service provided for care givers weekly at Nimmo United Methodist Church. When Nancy retired, we were wondering what on earth we would do, but not to worry. Nancy just began to volunteer! She comes from the Birdneck Road area of the city, all the way down here, to help to make sure we can remain a viable opportunity for enrichment and entertainment in an area where there is little to do. Our members who no longer like to drive past Pungo have been afforded chances to gather to learn, to socialize, and still to be able to be home before dark! There is NO WAY we can ever thank Nancy for the time and effort she has put in for us, but as you read your newsletter every month, just remember that Nancy Allan is the "gift who keeps on giving!"
by Anne Bright, newsletter editor



Notary Now Available at Pungo Blackwater Library

Kathryn Thoemke, Lead Librarian at the library right next to the SRC, is now a certified Notary. She is available to notarize your documents, and you should call 757-385-0150 before heading to the library, to make sure she will be on duty. This new service will be a great convenience to rural Virginia Beach residents.

Leap Day, Feb. 29, 2024

It's that time again, the once every 4 years occurrence when we have an extra day in the calendar. You may not know that the tradition of women proposing to men on Leap Day, is based on a legend about Saint Bridget and St. Patrick. Supposedly, St. Bridget of Kildare complained to St. Patrick that women had to wait too long for suitors to ask for their hand in marriage. St. Patrick declared that women could propose to men on Leap Day. So, beware all you bachelors on Feb. 29th!

Don't confuse Leap Day with Sadie Hawkins Day, which will be celebrated on Nov. 13 this year- a day when women are encouraged to take the lead in romantic pursuits.



The Brown Family Cemetery In Honor of Black History Month

by *Barbara Henley*

Off Princess Anne Road, behind the neighborhood of Princess Anne Meadows, is a cemetery which marks the location of one of the first African-American owned farms and which remains today as an important reminder of that era in the county's history. The family cemetery today only has two marked graves, but a fenced area designates what was probably the area of several more graves of the Boston and Olive Brown family.

The two marked graves are for Dr. Willis Brown and probably his brother, John Thomas, two of the seven children of Boston and Olive Brown. Before the recent development of the area, a Ground Penetrating Radar Scan of the proposed development site was used to determine the potential for a burial ground. Seven subsurface anomalies in soil conditions were identified as potentially having buried features.

In 1871, Boston Brown acquired 140 acres from Robert and Netsey Murden. Boston Brown and his wife, Olive Butts Brown, were born into slavery in 1824 and 1828, respectively, in nearby Norfolk County. The two were married in 1850. In the 1870 federal census, Boston was listed as a farmer with seven children. Apparently, he had also acquired a tract of 131 acres which became known as Brown Town. The estate was later acquired by his sons, Boston, Jr. and Willis, and has passed through the family now for generations. Just this past week, Sheriff Rocky Holcomb's workforce cleaned up and respectfully restored the fenced area.

Dr. Willis Brown became an ordained pastor for Piney Grove Church in 1901 and served as pastor until his death in September, 1914.

This cemetery, as do the other cemeteries scattered about the old County, serves to tell the stories of the people and families of the area. When we read these stories, the history of the area unfolds to reveal very special accounts of the people who came before us and provided us with this very special place that we enjoy today.



Welcome Our New Board Members

The SRC is delighted to welcome on board Dianne Greene and Catherine Heidlebaugh. They have consistently volunteered for desk duty every week, more hours than anyone else, and they have agreed to serve on the board. Let's follow their example and step up to the plate.



Texting No Nos

Many of us text on our cell phones, but we may not think twice before we text. According to AARP there are 4 things you should never put in a text:

- Personal, private Information- like Social Security numbers, credit card numbers. Relay this information by phone, not by text.
- Things that could be used against you in your job or in a personal relationship; etc. Remember your words can be twisted or misunderstood.
- Emojis that you may not understand- know what emojis mean, as some have double meanings.
- News of a death- don't share by text the news that a loved one or friend has died. Wait until you can make a phone call.



Home Modifications for Seniors

According to a *Virginian-Pilot* article by Erik Martin, Dec. 23, 2023, outfitting a home for a disabled or elderly person can be daunting, time-consuming and costly but also can significantly improve quality of life. Making home modifications can also enable an individual to “age in place” and delay or prevent placement in a care facility. Some home improvements to consider are:

- Widening doorways and halls to make space for wheelchairs and walkers.
- Replacing steps into the home with a ramp. Make sure the ramp is built to ADA standards which require a 1:12 slope ratio. That means that there must be a one-inch vertical rise in the ramp for every 12 horizontal inches (one foot) of the ramp. If the height from the bottom of the stairs to the top is 20”, that means you would need 20’ of ramp. And, additionally, the

ramp cannot run more than 30’ without a rest or turn platform. Don’t put yourself at risk by using a non-professional to erect a ramp, as you need to make sure it is not too steep.

- Making a first-floor bathroom and bedroom available if it is difficult for the person to climb stairs to a second floor.
- Installing an electric stair lift. Such lifts have battery back-ups, so they can operate during a power outage. Stair lifts can be custom made to fit any style or configuration of stairs.
- Replacing bathroom barriers- remove conventional door knobs and faucet handles with lever handles or touchless faucets. Roll-in showers with no steps provide easy access for wheelchairs and walkers. Provide a bath stool or chair if the person is unsteady in the shower. If you have a bathtub, use a transfer bench that allows you to sit down on the outside of the tub and slide over to get inside the tub. Change your shower head to a handheld one that the seated person can more easily use and properly install handrails for safety. Put a potty chair frame over the regular toilet seat to provide arms for the person to use to sit and rise more easily.
- Making flooring safe- remove scatter rugs and rugs without rubber backing and try to use slip-resistant flooring. Carpeting may need to be replaced by wood flooring if a wheelchair is needed.
- Changing Doors- installing a pocket door means you can eliminate a door and a hinge that could be in the way when opened.
- Adding lighting- brighter lighting can be a simple fix.

Home modifications can be very expensive, but may save you the ever-rising monthly cost of assisted living or nursing home care. If you are a Veteran, check with the Veterans’ Administration to see if you are eligible for help. You can also go online to www.freegrantsfordisabilities.org to find possible financial assistance.

Virginia Beach Tax Relief for Senior or Disabled Citizens

Our city provides Real Estate and Personal Property Tax Relief for senior or disabled residents who are at least 65 years of age, or permanently and totally disabled, living in their own home or a care facility, with total assets not over \$350,000. For Real Estate Tax relief, the amount of relief depends on income level, with income below \$73,886 providing 100% exemption. There is also a tax freeze, for those with income up to \$96,405.

For Personal Property Tax Relief (Vehicles) you must be at least 65, with combined gross income no more than \$29,500 with assets of no more than \$70,000.

You must call for an appointment to apply with the Commissioner of the Revenue office at 757-385-4385, between Feb. 1 and June 30, 2024. The Commissioner’s office is located at Municipal Center Building #1. It is worth it at least to apply-you may be surprised to find out you qualify for total or partial exemption of your real estate tax.



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.

Suggestion...

It has been suggested that we try to interest some Creeds Elementary students and their families in attending some kind of intergenerational game activities at SRC, perhaps on a Saturday. Let us know what you think of that, and also let us know if you are willing and able to lead a new activity?



Donations

Marvin and Gayle Rollins in memory of Mary Alice Gilbert.

Tom and Ann Ackiss in memory of Dean.

Barbara Vaughan to thank the volunteers.

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 and help save printing and postage costs.

February 2024

Black History Month

| 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 Dancers 2:00 - 3:30 pm Regulars | 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 |
| | 11:00 - 2:00 First Responders luncheon SRC folks bring sides & desserts to share. Get to know our 1st Responders (PR Barbara H.) | 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 Dancers 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 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 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.) | 3:00 Lunar New Year Red Envelopes at the PBL. Registration Required 757-385-0150 ----- 1:00 History (PR B. Henley) | Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dancers 2:00 - 3:30 pm Regulars | 10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR) |  6:00 to 9:00 PM Game Night (PR Rita T.) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | 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.) | | Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dancers 2:00 - 3:30 pm Regulars | 10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke ----- 12:30 Cards (Card Group PR) | 2:30 Bonkers for Bunko at the Pungo Blackwater Library (PR Angie V.) |
| 25 | 26 | 27 | 28 | Leap Day | 29 | |
| 2:00 to 4:00 PM Fond Memories Bring deserts to share.  | | 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 Eileen Churhchill) | Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line Dancers 2:00 - 3:30 pm Regulars | | |

Notes: