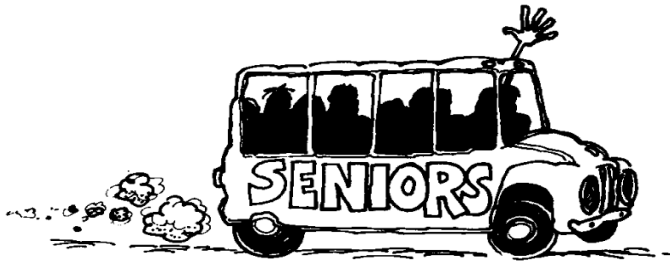


criticism and negativity draw down the account. Listen up: Ask what's going on in your friends' lives. Let people know you're paying close attention through eye contact, body language and reaffirming comments. When friends share details of hard times they are experiencing, be empathetic.

Extend and accept invitations: Invite a friend to join you for coffee or lunch. When you're invited to a social gathering, say yes. Contact someone who recently invited you to an activity and return the favor.

Respect boundaries: Don't overtax the friendship with your own needs. Remember that friendships require both give and take.

Need more friends? That same Mayo Clinic article offers these ideas for finding new friends:



Attend community events: Get together with a group of people working toward a goal that you believe in, such as an election or the cleanup of a natural area. Find a group with similar interests in an activity, such as reading, sports, crafting or gardening.

Volunteer: Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organization. You can form strong connections when you work with people who have mutual interests.

Take up a new interest: Take a college or community education course to meet people who have similar interests. Join a class at a

local gym, senior center (SRC) or community fitness facility.

Join a faith community: Take advantage of special activities and get-to-know-you events for new members.

Take a walk: Put on some good shoes and keep your eyes open. Chat with neighbors who also are out and about, or head to a popular park and strike up conversations there.

Think beyond two legs: Whether it has four legs or even wings, a pet can provide many of the same companion benefits as human friendships can.

Loneliness and the feeling of being unwanted is the most terrible poverty.

~Mother Teresa

Ageing Care

SRC Mission

The Senior Resource Center, Inc. is a 501 (c) (3) volunteer organization designed to help older, rural residents remain safely in their homes by providing in-home and community services; to furnish a gathering place for local seniors for socialization and education. It is a collaborative effort with the City of Virginia Beach.

Responsibility and Oversight

President

Johnnie Williams 470-7186

Councilwoman

Barbara Henley 426-7501

City Liaison

Shari Wilson
385-2175, Tue & Fri

Hours of Operation

Monday – Friday, 9:00 AM - 4:00 PM

During Inclement Weather the SRC operates on the local School Schedule



Newsletter

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Newsletter Layout

Tom Shearer 426-7831

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