

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – JANUARY 2024

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

Better Hearing Lecture and Pot Luck Lunch

Wednesday, Jan 31 11:00 am

Ms. Drewry Tatterson, Licensed Specialist with the Beltone Hearing Center at their Pembroke office, will help us better understand the vital importance of good hearing. She will cover how the hearing process works, causes and symptoms of hearing loss, benefits of better hearing and what to do if you suspect hearing loss. She will explain the findings of a study noted in a Washington Post article that explored the possibility of reducing the risk of dementia by as much as 50% by using hearing aids.

Simple hearing screenings for 20 attendees will be available after the presentation. Please bring a dish to share for lunch, as well as a non-perishable food donation for the Food Pantry at Charity United Methodist Church. Their pantry serves our entire rural area, and with the cost of groceries rising steadily, the need is ever greater to feed the hungry.

Realize Your Vision

Saturday, Jan. 13 2:30 pm
Pungo-Blackwater Library

Set your goals and intentions for the new year by creating a vision board. Supplies will be available at the library, and you may also bring your own to add to the vision. For adults only and pre-registration is required, so stop by the library or call them at 757-385-0150.



New History Group Book on Cemeteries

The “History Group” at the Senior Resource Center has been working on a project to publish a second book, a collection of the data from the old cemeteries throughout Princess Anne County. This would be based on the material I largely gathered several years ago by Dean and Sallie Carroll and includes the family graveyards in the yards and fields around the “county,” as well as the cemeteries at the early churches.

This collection will provide a wealth of information for anyone interested in the genealogy of the area or for families who had ancestors in the area and would be interested in knowing their early property locations or in visiting the cemeteries. Now that we are ready to go to print, we have the big question of how many books to order. This will undoubtedly be a resource book to be used for a long time, and we do not envision a second printing. The cost of printing is a concern, and we would like to recover the printing cost as quickly as possible. It would help if we know the interest in the book. If you are interested in purchasing a book, we would appreciate it if you would add your name to our potential purchaser list. We would like to keep the cost at the same rate as our first book, *Glimpses of Down County History*, which is still available at \$22.00, including tax. We have a sign-up sheet at the SRC, or you can call the Center at 757-385-2175 to have your name added to the list. We hope to have the book available this winter.



Thank You. Thank You

We too often take for granted the nice things that others do for us. Many of these “doers” do not expect recognition or thanks, yet without their selfless help, nothing would get done. Special thanks go to:

Rebecca and Darryl Aldridge who orchestrated, hosted and cooked for our annual Thanksgiving Day pot luck. They prepared a ton of food for the large turnout, and all attendees raved about the meal.

The Dawson Family and especially Ena Dawson for hosting our second Holiday Luncheon. Ena spent a lot of time and energy collecting food and gift donations from local merchants and the entire family, including grandparents, pitched in to help put on a fabulous meal. Thanks to Peggy Nelson for accompanying us as we sang our favorite Christmas carols.

Angel Tree Donors- Once again our members were so generous in gifting a slew of lovely gifts for needy students at Creeds Elementary.

Rose Doucette- Our youngest volunteer, by far, hosted our Christmas Day pot luck. A high school student, Rose is quick to offer her help. You might recognize her name, as her dad is John-Henry Doucette, the editor of our favorite newspaper, *The Princess Anne Independent News*.

Barbara Henley- Despite the demands on her as City Councilwoman, she made time to host our annual New Year’s Eve party, and also hosts the bi-monthly, popular History Group discussions.

Anne Bright- for being our Kitchen Queen. Always the first to arrive and last to leave whenever there is a pot luck or special event, Anne always has things running smoothly. She

not only prepares all the beverages and readies all the food, but also does the on-going shopping to keep our supplies up. Thaks to Jim, too, for always helping out.

Johnnie Williams- He has been our President for 14 of the 16 years we have been in existence. How he wishes we abided by term limits, so he could take a well-deserved rest. Most of us have no idea how much he does day to day, including the management of all our web and email business- sending out notices and reminders to you, etc.

Our Board of Directors, including VP Sharon Prescott, Secretary Julie Coppedge, and Treasurer Pat Jenkins, for meeting monthly and handling our business affairs.

Our Activity Committee- Did you know just 6 of us plan all of our lectures, special events and monthly calendars? Thanks to Johnnie, Anne, Sharon, Barbara, Kathryn and Nancy.

Barbara White for the beautiful and creative themed wreaths she has made that are displayed on the wall behind the volunteer’s desk.

Don and Rita Trammell and others who put up tables and chairs for every event.

Activity Leaders- These wonderful “members” have given so generously of their time and talents to provide many years of FREE and enjoyable activities. Where else can you enjoy on-going, fun and beneficial activities at no charge?

Exercise-Rita Joyner

Line Dancing-Rita Trammell

Euchre- Marcia Hart

History Group-Barbara Henley

Writing/Conversation Groups- Sarah Burke and Rita Jones

Bingo- Jim and Wanda Shank

Crafters for Charity-Gaby Morrison (and thanks for decorating the tables too)

Pungo-Blackwater Library for their valuable partnership and support- Kathryn Thoemke and Angie Vilches have provided great classes for us, including Bunko, as well as the monthly Read and Share Group.

Creeds Elementary School for their partnership and efforts in intergenerational activities. We loved their annual Christmas concert by their chorus as well as the adorable tree ornaments made by their art students.

Duty Volunteers- We would not be able to exist without the help of these devoted volunteers, who answer the phone and greet guests. We still need more of these, as we have had uncovered shifts, resulting in the center being closed. Special thanks to Barbara Vaughan for heading up these volunteers and trying to keep us in line.

Most of you will have just skipped over the above listing, as you chose not to take the time to read it, yet without all these incredible helpers, the Senior Resource Center would not exist.

Save the Dates-

Annual First Responders Appreciation Luncheon
Mon., Feb. 5 11 a.m. This very well-attended pot luck honors all our dedicated first responders.



Fond Memories- Sunday, Feb. 25 at 2 p.m. Our favorite musical quartet will return to get our feet tapping and our hands clapping.

Irish Dance Performance Sun., Mar. 10 at 1:30 at Creeds Elementary. Don't miss this wonderful performance.

Shredder Available

As you work on your 2024 taxes and perhaps clear out some old paperwork, don't forget we have a large shredder at the center. It's located next to the copy machine in the entrance room.

Reminders:

U.S. postage rates go up yet again as of Jan. 21, 2024. The increase will be 2 cents for first-class mail, so stamps will then cost \$.68. Save a few pennies and buy some Forever stamps before the 21st.

Social Security retirement benefits will increase. Our monthly payments will increase a whopping 3.2% as of Jan. 1, 2024. That translates on average to about \$50 more per month. That won't last long when we go grocery shopping!

Medicare premiums will increase \$9.80 to \$174.70 as of Jan. 1. The annual deductible for Part B will also increase to \$240.

Falls Are So Dangerous for Seniors

The CDC found that there were 38,742 fall-related deaths among older adults in 2021, a 7.6% increase over 2020. That translates into more than 100 Americans 65 and older dying daily from falls! Several things may make falls more common and more dangerous as we age:

- Slower reaction time so we may not recover from a stumble as well.
- Bone and muscle loss may result in more damage from a fall.
- Worsening eyesight and hearing can make it harder to pick up on fall-risk clues

- Medications may affect balance and blood-thinning medication can make it hard to stop bleeding.

So, try to take your time when you are walking, especially going up and down stairs and curbs, and use a cane or walker if necessary. Talk to your doctor about the side-effects of your medications and see a physical therapist if you are noticing problems with your balance and strength. We learned at our recent balance and fall lecture that you can begin physical therapy, covered by most insurances, without a doctor's order if you contact a doctor of P/T at a P/T center.

Driving and Night Vision in Seniors

According to information in the Oct/Nov. issue of AARP's *The Magazine*, over half of all fatal car accidents happen after dark.

As we age, our night vision becomes less acute, as our eyes lose some of the structures that help us see in the dark. In addition, as we age, our pupils shrink so there's less light getting into our eyeballs. This loss is gradual, so we may not notice it. Our aging eyes also become less sensitive to contrast, so we may not be able to distinguish as well objects, like pedestrians or road signs, from their background. Luckily, newer car headlights can improve visibility, but that doesn't guarantee good illumination. If we use mostly our low-beam lights at night, we may be driving faster than our headlights will project. Using high beams makes it much easier to see further ahead, yet you can't use high beams when you are facing steady, oncoming traffic. With so many higher SUV's on the road, we may notice their headlights more easily shining straight into our eyes.

Glare from oncoming cars can be harder to handle, as our eyes are slower to recover. The dashboard instruments we now may have can also be distracting at night, with brighter car interiors confusing our eyes even more.

"Adaptive driving beams" have been approved in the U.S., which should help, but those won't be available for a while.

In order to see better in the dark:

- Use your bright lights as often as you can, except when there are oncoming cars.
- When car shopping for a new car, look for models with top-rated headlights (see www.iihs.org/ratings)
- If your car is several years old, consider getting headlights and casings replaced.
- Keep your windshield and headlights clean.
- Set your interior lights to low for dashboard lights.
- Don't drive when you are drowsy.
- Avoid driving at night if it causes you stress.
- Have your eyes checked regularly. Cataracts can greatly affect your vision.

Food for Thought for the New Year

Does it seem surreal that this is 2024? Where have the years gone? Here are some thoughts to ponder:

May your troubles be less and your blessings be more, and nothing but happiness come through your door.

There is always something to be thankful for.

The more you practice the art of thankfulness, the more you have to be thankful for. Norman Vincent Peale

Kindness is choosing love over hate, light over darkness, compassion over judgment.

Never regret a day in your life. Good days give happiness, bad days give experience, worst days give lessons, and the best days give memories.

Today I will not stress about things I cannot control.

One day you'll look back and realize that you worried too much about things that didn't really matter.

Donations

Elizabeth Swanner to honor all my friends here, fun, food, and fellowship. Thanks.

Phyllis Styron to be used where needed. Merry Christmas and best wishes for 2024.

Anne and Jim Bright in memory of Mary Alice Gilbert

THE PROCESS OF AGING...

Being a little older, I am very fortunate to have someone call and check on me every day... He is from India, and he is very concerned about my car warranty...

I choked on a carrot this morning and all I could think of was, "I'll bet a doughnut wouldn't have done this to me..."

It only takes one slow-walking person in the grocery store to destroy the illusion that I'm a 'nice' person...

Sorry that I'm late. I got here as soon as I wanted to...!!!

It turns out that when asked who your favorite child is, you're supposed to pick-out one of your OWN...

It's fine to eat a test grape in the produce section, but you take one bite of rotisserie chicken and it's all, "Sir, you need to leave...!!!"

One thing no one ever talks about, when it comes to being an older adult, is how much time we devote to keeping a cardboard box, because it is, y'know, a really good box...

I can't believe I forgot to go to the gym today... That's seven years in a row, now...

If you drop something when you were younger, you just picked it up... When you're older and you drop something, you stare at it for just a bit contemplating if you actually need it anymore...

I like to make lists. I also like to leave them lying on the kitchen counter and then guess.

My kids say they want a cat for Christmas... Normally I serve turkey, but, hey, if it will make them happy...

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.

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
		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.)	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.)
7	8	9	10	11	12	13
	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.)	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)	2:30 Realize Your Vision at the PBL. Registration required. 757-385-0150
14	15	16	17	18	19	20
	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)	 6:00 to 9:00 PM Game Night (PR Rita T.)
21	22	23	24	25	26	27
US Postage Stamps increase by \$0.02. Stamps will then cost \$0.68.		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 - 3:00 Questions on Medicare-Medicaid 1:1 Benefits Counseling (PR Eileen)	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.)
28	29	30	31	1	2	3
		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.)	11:00 Drewry Tatterson from Beltone Hearing will lecture. Hearing screenings will be offered - Potluck Lunch to follow (PR Nancy A.)			