

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – JULY 2022

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

### 4th of July Celebration

Monday, July 4 1:00 pm



4TH OF JULY

Without a doubt this is our best-attended annual event. We will supply hot dogs, corn and chips and would like you to bring desserts. Bring your family along and enjoy the fellowship and camaraderie. We hope to have a live pianist but if not, we'll supply the music for a patriotic singalong. Get in the spirit and wear red, white and blue. Come join us as we wish the U.S.A "Happy Birthday." We will conduct a very brief annual meeting that is required by our non-profit status.

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### Poppy Watercolor Art Class

Saturday, July 9 10:00-11:30 am  
 SRC

Angie Vilches from Pungo-Blackwater library will lead you through this free class at SRC. Come find your flow as we sip tea and immerse ourselves in color and water. All supplies are provided and all artistic levels are welcome to see red as we paint poppies. "The calming influence on our emotions when painting can be quite incredible." –Jean Haines, artist and author of *Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour*.

Adults 18+. Register through Virginia Beach Public Library at [www.vbgov.libraries](http://www.vbgov.libraries), or call the library at 757-385-0150 or stop by Pungo-Blackwater Library.

### Game Day and Night

If you have a favorite board or card game you enjoy, come on Sat., July 2 at 1 p.m. and/or Sat., July 23 from 6-9 p.m. and either teach others how to play or learn a new game. Feel free to bring munchie to share

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### Secret Book Keepsake Box Craft Class

Monday, July 18 1:00-2:30 pm  
 SRC

Hollowed-out hardcover books make distinguished homes for your cherished keepsakes. Bring your own ready-to-retire favorite or choose one from our discarded collection. Adults 18+. Register for this free class through Virginia Beach Public Library at [www.vbgov.libraries](http://www.vbgov.libraries), call the library at 757-385-0150 or stop by Pungo-Blackwater Library to sign up.

### Emergency Preparedness Lecture and Pot Luck Lunch

Monday, July 25 10:00 am



Representatives from the City of Virginia Beach Emergency Planning Office will bring you up to snuff about what the City has to offer to help you in emergency situations and what you need to know to take care of yourself and your property. Even if you think you know what to do, a refresher course is helpful. It's summer and we know that it is the time we begin to think about the possibility of

heavy rains from thunderstorms, and then, even more so, the damage that can come with a hurricane. The time to get prepared for these events is long before the storm clouds start to gather, and the weathermen start to predict a storm track. It is important that you have plans for what you will do if we have a severe storm, and that you have supplies that you will need if you can't get out to a store. It is also important to remember that emergencies don't only happen with hurricanes or in bad weather. At the most unexpected time, you could experience an emergency situation. You need to know that our Emergency Responders are on the job, 24 hours a day, 365 days a year and are ready to give you the help you need. You will learn how to get that help on July 25<sup>th</sup>. This is a session that you really don't want to miss. Please bring a luncheon dish to share and a non-perishable food item for the food pantry.

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## Benefits Counseling

Wednesday, July 27 1:00-4:00 pm

Call the center at 757-385-2175 to make an appointment to meet with Bonnie Dozier from Senior Services of Southeastern Virginia for a free 1:1 session to access your insurance options and other resources for seniors.

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## Hurricane Season Has Already Begun

The City of Virginia Beach has provided a list of 7 tips you can take to prepare like a pro:

1. Do a tree check-up to identify hazardous trees that could cause damage if they fell and work with a professional to eliminate any hazards.



2. Inspect the exterior of your house-clean out gutters, check your roof, and plan how you will secure outdoor items.
3. Inspect your sump pump if you have one.
4. Swap out cardboard storage boxes for plastic bins to keep items safe.
5. Invest in a waterproof/fireproof safe for your important documents and store it in an interior closet.
6. Purchase or renew flood insurance. Home insurance policies do not cover flooding.
7. Inventory your property and document with photos. If you have to file an insurance claim, before and after photos or videos will be very helpful.

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## Veterans' Benefits Resources



If you are a military veteran or are the caregiver for one, the following information may be of help to you if you are trying to find out what services and funding may be available to you:

## Disabled American Veterans

This local group of volunteer retirees can help you get through the VA maze for free. Located at 4896 Kempsville Greens Pl., VB 23462 (just off Princess Anne Rd. by the golf course, just east of Baxter Rd.) 757-519-9931 Hours: Mon. through Fri. 10 am – 2 pm. Two helpful veterans there are Will Hope and Danny Miller. This is a good place to start as they can help you figure out what forms you'll need and where to find them and then help you complete the applications.

## Virginia Department of Veterans Services Local Offices:

**Oceana Benefits Office** 1232 Perimeter Pkwy., VB 23454 757-689-3729 Open 8 am – 4:30 but appointments from 8:30 am-3pm

**Pembroke Benefits Office** Pembroke Office Park, 293 Independence Blvd., #109, Pembroke 5, VB 23462. 757-552-1884 Walk-ins Mon.-Fri. 8:30 – 11 am Appointments 1-3pm Closed 2<sup>nd</sup> Thurs. 8-4

The Virginia Department of Veterans' Affairs Chief Deputy Commissioner Steven Combs Office 804-786-0294 Cell 804-221-3602 Email: [Steven.combs@vds.virginia.gov](mailto:Steven.combs@vds.virginia.gov) One of his assistants, Kendra Ellison, is at 757-804-786-0220 cell 804-382-3402

### Veterans' Administration (Federal)

#### Local Offices:

Virginia Beach: 287 Independence Blvd. Pembroke #2, #130 VB 23462 757-552-1884 Mon. - Fri. 8am- 4pm

Norfolk: 6350 Center Dr., #100 Norfolk 23502 757-455-0814 Mon. - Fri. 8am- 4 pm

Federal Office 800-827-1000 Website:

[www.va.gov](http://www.va.gov)

**Federal Representative:** Elaine Luria (Navy veteran, running for reelection 11/22) She and/or her aides can help you resolve issues. [www.luria.house.com](http://www.luria.house.com)

Virginia Beach Office 283 Constitution Dr. One, Columbus Ctr., #900, VB 23462 757-364-7650 Washington Office 202-225-4215

**If you submit any applications, be sure to make copies for your files of every application you complete.** If you are patient and your application is approved, it is retroactive to the date your application was made, so the sooner you apply, the better. If you don't have the time or patience to do the application through the above systems, if you can afford it, hire an elder care attorney who handles such matters.

## Jones and Cabacoy Veterans' Care Center

This new long-term facility is now completed, at the new extension of Nimmo Parkway, behind the Municipal Center. It is now slated to open this November, with 25 of the 128 beds becoming available. It is nursing home level, not assisted living, but it will provide memory care. If you are considering applying for a bed there or need more information about admission criteria and costs, you should call Kendra Ellison as listed above. Applications should be open in July and August and you can be put on a list to be notified when that occurs.

## Military Service Dogs

This article was written and presented by Sarah Burke at our Memorial Day Celebration and was so well-received, we thought you'd like to read it. Thanks, Sarah, for sharing your talent with us.

On October 27, 2019, a 5 year old Belgian Malinois military working dog named Conan took part in the Barisha raid in Syria, which resulted in the death of the leader of ISIS, Baghdadi.

Military working dogs have been around for centuries worldwide. The U.S. had an unofficial canine work force in WWI. They became officially recognized March 13, 1942 when an organization, Dogs for Defense, was established to recruit dogs for the United States Military War Dog Program, known as the K9 Program.

Doberman Pinchers quickly became linked with the U.S. Marine Corps. These dogs served as sentries, scouts, and messengers in WWII. One of the most famous fur warriors was CHIPS, a German Shepherd/Husky/Collie mix, who

earned the Purple Heart and the Silver Star. He conducted a daring raid on a sniper in Sicily, breaking away from his handler and capturing 4 enemy soldiers.

During the Korean War dogs were chiefly deployed on night patrols. They were hated by the Koreans and the Chinese because of their ability to ambush snipers and penetrate enemy lines, and to sniff out enemy positions. During this time the Air Force utilized dogs for patrolling air base perimeters, guarding bomb dumps and supply areas.

Dogs were used in Viet Nam and were hated. Mortars were aimed first for the ammo tent and second the kennels. Dogs were scouts, sentry, patrol, mine and booby trap detection, and combat. The Viet Cong offered a \$20,000 bounty for their capture.

When the U.S. exited Viet Nam, the U.S. did not allow dogs to go home with their handlers. This created an outcry in this country. They said this should never happen again. This resulted in Robby's Law allowing for the adoption of these dogs by law enforcement, former handlers, and others capable of caring for these dogs.

In October 2018 a feature by the Army Public Affairs offered a statement by William Cronin from the American K9 Association for Afghanistan, Mali and West Africa that said "There is no substitute for the detection of a dog and no machine that can reciprocate what a dog can do."

These days, dogs are used by many organizations for search and rescue, bomb and explosives detection, drug detection and patrol. These animals are heroes and have saved many lives. They are priceless. The military dogs are buried in the National War Dog Cemetery in Guam.

## Farmers Market Hoedown Schedule

Free outdoor concerts with line dancing, rain or shine, Friday nights from 7-10 p.m. at the corner of Princess Anne Road and Dam Neck Road.

July 1	New City Sound
July 8	The East Coast Band
July 15	Timeline
July 22	The East Coast Band
July 29	Dallas Bans

## AARP Princess Anne Chapter

The nearest chapter of AARP has resumed in person meetings on the second Tuesday of every month from 11 a.m. - 1 p.m. at the Princess Anne Recreation Center. The first hour is the board and chapter meeting and the second hour is for the special program or presentation at Princess Anne Recreation Center. For several years we have been hosting this AARP chapter at SRC for a joint luncheon and we encourage you to attend this year's gathering on August 8 at 11:30 a.m. Look for more details in next month's newsletter.

## Memorial Day with the Ruritans

For the first time, we celebrated Memorial Day at the Ruritan Club barn instead of at Creeds Elementary School. We appreciated their hospitality and also thank the Girl Scouts who handled the flag ceremony. We continue to seek to increase the number of attendees for annual events like this and welcome your suggestions as to ways we can get more folks and kids to attend



## Neptune Festival Senior's Gala- Save the Date

Tues., Sept. 6, 2022 7-10 p.m. at Virginia Beach Convention Center. Tickets for the dance and buffet \$15 on sale August 1<sup>st</sup>. To make reservations call 757-498-0215.

## National Hot Dog Day July 20

Hot dogs, wieners, frankfurters, weenies, dogs, pups, red hots, sausages, brats. Whatever you call them, celebrate National Hot Dog Day which falls on the third Wednesday in July! In 2022, it's Wednesday, July 20th.

Born in Germany where they're called Frankfurter Wurstchen (*wurstchen* means "little sausage") and popular since the 13th Century, the thumb-shaped meat with a robust flavor was served to people during imperial coronations. According to some, however, hot dogs as we know them are as American as baseball and apple pie.

Though the nation's signature dog often gets a bad nutritional rap, Americans reportedly consume \$2 billion dollars' worth of the treat annually. After all, there's always that ice-cold beer or large frozen lemonade to wash it down. In fact, for many, the idea of a ballgame without a steamed red hot is like a birthday without a cake. It's simply not done. And with Joey Chestnut, a world hot dog eating champion, consuming 74 hotdogs (and buns!) in one 10-minute swoop, summer's meaty icon probably won't go away anytime soon.

## Donations

Frances Mae Etheridge- to be used as needed

June Klag – in memory of Helen Lane

Carol Todd – in memory of Helen Lane



INDEPENDENCE DAY



### 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**  
Nancy Allan 422-1292  
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.

# July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:45 am Writing/Conversations (PR Sarah B. & Jan D. ) 12:30 Cards (Card Group PR)	<b>1:00 Game Day (PR Jo-Ann R.)</b>
3	4	5	6	7	8	9
	<b>4th of July Celebration Starting at 1:00 PM</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.)	10:30 - 12:00 Reading Group (PR Marcia H.)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Writing/Conversations (PR Sarah B. & Jan D. ) 12:30 Cards (Card Group PR)	<b>10:00 - 11:30 Poppy Water Color Art Preregistration Pungo- Blackwater Library 916 Princess Anne Road Virginia Beach, VA (757) 385-0150</b>
10	11	12	13	14	15	16
		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 - 3:00 History (PR B. Henley)	<b><u>NO Line Dance Class</u></b>	10:45 am Writing/Conversations (PR Sarah B. & Jan D. ) 12:30 Cards (Card Group PR)	
17	18	19	20	21	22	23
	<b>1:00 - 2:30 Upcycle Book Keepsake Box Preregistration Pungo- Blackwater Library 916 Princess Anne Road Virginia Beach, VA (757) 385-0150</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.)		Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Writing/Conversations (PR Sarah B. & Jan D. ) 12:30 Cards (Card Group PR)	 <b>6:00 to 9:00 PM Game Night (PR Rita T.)</b>
24	25	26	27	28	29	30
	<b>10:00 Emergency Preparedness Potluck Lunch to follow (PR Barbara H.)</b> <b>Parents' Day</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 - 3:00 History (PR B. Henley) 1:00 - 4:00 Questions on Medicare-Medicare 1:1 Benefits Counseling (PR Bonnie Dozier)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Writing/Conversations (PR Sarah B. & Jan D. ) 12:30 Cards (Card Group PR)	
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