

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – JULY 2024

IN OUR SIXTEENTH YEAR

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

Annual Fourth of July Celebration

Thursday, July 4 1:00 pm



This is our most popular annual event, and one you won't want to miss. Don your red, white and blue apparel and join us for our traditional hot dog and corn on the cob indoor picnic. We ask that you bring side dishes and desserts to share. As always, drinks and watermelon will be provided. No worry if the weather is rainy or hot, as we will be indoors. Bring along your family, neighbors and friends, as this is the day to celebrate our nation's birthday.

We will also have a very brief annual meeting, which is required by our bylaws as a non-profit organization. In addition, the new book about local cemeteries will be for sale. Read about it in following article. The original book, Glimpses, will also be for sale.

This would be an opportune time for you to also bring non-perishable food items to support the area food pantry at Chairty Unted Methodist Church.

The following programs will be provided by the Pungo- Blackwater Library. Take note of the location of each activity. If registration is required, call the library at 757-385-0150.

Read and Share

Wednesday July 3 10:30-12 noon
at SRC

Enjoy a casual chat about popular books. Talk about titles you like and hear what others enjoy. Swap favorites old and new or spread the word about your favorite reads. Adults. Registration is not required.

Pet Portrait Pop Art

Saturday July 13 10:30-12 noon
Pungo Blackwater Library

Pop into our library and turn your beloved companion into a work of pop art. Bring a photograph or photocopy of your pet, or any animal you wish, and we'll help you create a pet-tacular work of art. Adults. Registration is required.

Bonkers for BUNKO

Monday, July 15 2:30-4:00 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 required.

Sharpie Stone Art

Friday July 19 3:00-4:00 pm
Pungo- Blackwater Library

Come to this make-one-take-one event where one of your stone creations will be donated to the new butterfly garden at the Senior Resource Center next to the library. . Adults. Registration is required.

Bow Making Class at SRC

Wednesday, July 17 10 am 12 noon

Christmas in July Old Saint Nick will be here before we know it. Want to get a head start on your holidays? Come learn how to make your own bows! Please join Doris Whisman (a

Bingo regular) to see a demonstration and make a bow of your own. You will need to bring a roll of ribbon of your choice. The ribbon should be a minimum of 4 yards in length, between 1 ½" wide and 2 ½" wide and **must have wired edges**, as wired edges help the bows to shape better. Also, please bring a pair of scissors. Merry Christmas! No registration required.

New Cemetery Book Now Available

The Local History Group that meets the 2nd and 4th Wednesdays at the Senior Resource Center has produced a second book. This volume, called ***Princess Anne County Graves: Fields, Farms and Churches***, identifies the early cemeteries established throughout the county/city, with the names and dates of those buried there. An index allows you to look for any particular person or family and will be a big help in identifying family ancestors.

This book, along with our first volume, ***Glimpses of Down-County History: Southern Princess Anne County***, is for sale at the SRC for \$22, which includes tax. Payment can be made in cash or by check, made out to "Glimpses." We hope that this book will assure that those who lived here before and made this place the great place to live that we all enjoy, will truly not be forgotten.

New Library Homebound Delivery Service

provided by the Virginia Beach Public Library. This great new service offers home delivery services to Virginia Beach residents who are unable to visit a library for at least six

months due to illness, injury or disability. VBPL staff will provide reading recommendations by phone and deliver requested materials directly to residents' homes.

If you know of Virginia Beach residents who are temporarily or permanently unable to leave their homes and may benefit from this new service, please contact VBPL's Programming & Outreach team at 757-385-0185 or OutreachRequest@VBgov.com.

In case you weren't aware, the Accessible Resources and Services Division of VBPL, in cooperation with the National Library for the Blind and Print Disabled, provides library service to Virginia Beach residents with visual, physical and reading disabilities. The library provides talking books and magazines, talking book players, large print books, descriptive movies, and braille materials. All of these items are mailed, free of charge, to the customer's home. Talking books and recorded magazines are also available to download to their device. To receive these special services, eligible customers must submit an application.

To be eligible you must:

- Be blind or have low vision
- Have a physical disability that prevents you from holding a book or turning pages
- Have reading or learning disabilities
- Have temporary visual or physical disabilities

Call them at 757-385-2684 or email at accessiblelibrary@vbgov.com

Memory Café at Princess Anne Library

This is another new program provided by the Virginia Beach Public Library. This monthly program, to be held every 3rd Monday of the month from 9:30- 10:30 a.m. at the Princess Anne Branch, is a casual, social gathering for

people with dementia and their care partners. You can enjoy conversations, activities and snacks, while getting to know others experiencing similar memory changes. These events are a safe and comfortable way to have a social outing, when it may be getting to be more of a problem to be out socially with your loved one. The Memory Café is free and registration is not required.

Farmers Market Friday Night Hoedowns

These free concerts are held every Friday night, from April through October at the Farmers Market, located at 3640 Dam Neck Road, at the intersection of Princess Anne and Dam Neck Roads, across from Landstown Shopping Center. The concerts are held rain or shine, from 7-9 p.m., and line dancers are welcome to join in. It's suggested that you bring your own blanket or chair.

July 2024 Band Schedule

7/5	Dallas Band
7/12	Timeline
7/19	Raw Bee T's
7/26	The Country Rockers

Summer Safety in the Heat

With above-average temperatures already upon us, it's important that you take precautions to keep yourself safe. Stay hydrated, especially when outdoors in the sun. Drink plenty of water. Take breaks indoors if you must work outside. Wear lightweight, light-colored, breathable clothing. Seek shade if possible and plan outdoor activities for cooler times of the day. Plan ahead so you can stay home in air-conditioning when the temperatures hit the 90's. Heat stroke is very serious, so pay attention to the weather and your body.

Be Kind to Mother Earth

This is a reminder that the SRC has a nifty filtered water fountain in the front lobby. We urge you to get in the habit of bringing your own thermal cup and using the fountain, rather than using bottled water you find in the SRC fridge. We should all be getting more mindful of the need to use recyclable items, like cloth shopping bags and personal water containers.

Tips for Living Alone with Early-Stage Dementia

from the National Institute on Aging

Have you recently been diagnosed with mild cognitive impairment or an early stage of dementia? Are you concerned about staying safe while living alone? The following tips can help make your home safer:

- Remove items that you may trip over. Move electrical cords, pick up throw rugs, and look for other things you may trip over.
- Improve bathroom safety. Consider installing grab bars and adding nonskid mats in the shower and tub. Keep a flashlight near your bed for bathroom trips at night or install a nightlight in the bathroom or hallway.
- Get rid of unused items and extra furniture. If the items are in good condition, consider donating them to charity or giving them to family and friends. Some organizations will pick up the items from your home.
- Install an automatic shut-off switch on the stove. This switch can help prevent a fire from starting if the stove is left on accidentally. Heat your food using a microwave or a cooking device that shuts off automatically, such as a slow cooker. If necessary, disable your stove.

- Make sure smoke and carbon monoxide detectors are installed and working. They should be installed in or near the kitchen and in all bedrooms. Set a reminder to check batteries every six months.
- Organize your day by writing down to-do lists, appointments and events in a notebook or on a calendar.
- Set up automatic payments for bills with your bank and utility companies or ask a relative or friend to help you.
- Plan your meals and take advantage of ordering food from the store to be delivered or order prepared meals.
- Find a way that works for you to keep track of the medications you take daily. A plastic pillbox may be enough, but there are also automatic pill dispensers if you need more help.
- Don't ignore signs that driving may be getting more challenging and listen to those who share their concerns about your driving abilities.

A Smile

by Margaret Burns

A smile is a funny thing, it wrinkles up your face.

When it's gone, you never find its secret hiding place.

But far more wonderful it is to see what smiles can do.

You smile at one, he smiles at you,
So one smile becomes two.

Cards Anyone?

We have great, new members, Gerry and Bev MacDonald, from the Kempsville area, who found out about us recently from our display at the recent Senior Showcase. They love to play cards, and are interested in expanding card games at the SRC, since Hand and Foot and

Euchre seem to be the only ones played regularly. Gerry is very willing to teach folks how to play many different games, including:

- Pass the Trash- played with 3 nickels and one card each.
- Scat – played with 3 nickels, with 3 cards.
- 65 (also called 3-31) 2 or 3 decks with 4 per table
- Wizard- usually with 4 per table
- Golf- 6 cards
- Up Yours
- Canasta

He and his wife also enjoy playing Sticks, using popsicle sticks and Crazy Rummy. He also wonders if anyone plays cribbage. He has offered to chat by phone if any card players would like to find out more about any of these games. Gerry can be reached at 757-499-6732. There are lots of empty slots on our activity calendar, so let us know by calling or emailing SRC, if you are interested in trying something new, and we can try to set up a new card playing activity.

How to Stop Unwanted Calls

Many of us already know this, but as a reminder, you can stop unwanted telephone calls:

On your home phone- Check to see what call-blocking and call-labeling services your carrier provides, or check what your internet carrier provides, if that's who provides your phone service. On your cellphone, Check to see what built in features your phone has and what your carrier provides. Download a call-blocking app- some are free, but some charge a monthly fee. The National Do Not Call Registry also helps reduce the number of telemarketing calls you receive. Stop them by calling 1-888-382-1222 or go online to: donotcall.gov. The registry will stop calls from most legitimate companies, but

it will not stop scammers. You will still receive calls from charities and companies you have done business with.

Free Gun Locks Available

The Virginia Beach Police Department’s Youth Service Unit provides free gun locks, in hopes of curbing youth gun violence. You can pick up free locks at each of our four police precincts. There is no valid reason for a child to be able to get his hands on a gun. Parents and grandparents need to practice the safe use of firearms.

Senior Real Estate Tax Exemption Application Period Extended

The Virginia Beach Commissioner of the Revenue has extended the deadline for real estate tax relief for qualified seniors and disabled until July 31. That gives you an extra month to apply. If you are applying for the first time you need to make an appointment by calling 757-385-4385.

Decluttering

Do you sometimes feel overwhelmed by the number of possessions you have accumulated over the years? Are you surrounded by items you don’t need, use or love? You may have no idea how to start to tackle the problem, but you may realize something needs to be done, whether you are planning on downsizing in the near future, or are just tired of having too much stuff. Decluttering is not an overnight process, and you need to allow yourself time to accomplish this major task. It usually helps to start with areas and items that have the least

sentimental value, like the hall closet, or desk drawers. You can gradually work through the process and tackle the task in brief sessions. Ask yourself: Do I need it? Do I use it? Do I love it? Do I have room for it? If you are holding onto things because you think your kids or grandkids may want them, check with them now to see if they are interested. You can donate items, sell items or gift them to family. If you tackle decluttering your home, you will most likely feel relief when you have reduced the number of items filling all the nooks and crannies.

Donations

Louis and June Klag donation in memory of Jim Bright
Kate Oklein (no designation)
Anonymous (no designation)

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.

<p style="text-align: center;">Responsibility and Oversight</p> <p>President Johnnie Williams 757 470-7186</p> <p>Vice President Sharon Prescott 757 630-2660</p> <p>Treasurer Pat Jenkins 757 618-5304</p>	<p style="text-align: center;">Hours of Operation Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p>
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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.

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4th Of July 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.)	1:00 PM 4th of July Celebration (PR Johnnie W.) Annual Meeting with all members present.	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
		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)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ----- 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	10:30-12 Noon Pet Portrait Pop Art, PBL, Reg Req. (PR Angie V)
14	15	16	17	18	19	20
	10:00-12:00 Crafters for Charity -C4C(PR Gaby M.) 2:30 Bonkers for Bunko at the PBL (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.)	10:00-12:00 BowMaking Workshop(PR Rita T)	No Line Dance Class (PR Rita T) ----- 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR) 3:00 Sharpie Stone Art, PBL, Reg Req. (PR Angie V)	 6:00 to 9:00 PM Game Night (PR Rita T.)
21	22	23	24	25	26	27
		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 Benefits Counseling 1:1 Medicare (PR Eileen Churchhil)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ----- 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	
28	29	30	31			
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