

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – JUNE 2022

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

## Unwinding with Watercolors Serene Sunflowers Art Activity

**Saturday, June 11 1:00-3:00 pm**

You do not have to be an artist to enjoy the calming effects of putting color and water to paper. “The joy of simply watching color flow across paper without any goal of it leading to a masterpiece can be totally invigorating; a sensation lost to those scared to pick up a brush, and completely out of reach for those who feel painting is for artists or for people with talent alone.” –Jean Haines, artist and author of *Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour*. Adults 18+. Register through Virginia Beach Public Libraries at [www.vbgov.com/libraries](http://www.vbgov.com/libraries). Our free painting classes have been very popular in the past, so be sure to preregister as soon as possible. No previous art experience required.

## Fond Memories Concert

**Friday, June 17 7:00 pm**

This is by far our favorite musical group and we are delighted they are returning to entertain us. These five incredibly talented singers bring such energy and enthusiasm to every performance, and you will be toe-tapping and clapping before you know it. While the concert of oldies is free, we do collect donations for them. You are welcome to also bring treats for all to enjoy during intermission and a non-perishable food item for the Charity Methodist Food Pantry. This wonderful singing group sets up lots of equipment for their concert, so make it worth their time and effort and let's pack the house!

## Beets on the BBQ

**Wednesday, June 15 11:00 am**

Celebrate Virginia's summer growing season with innovative recipes that turn local produce from standard side dishes to delightfully delicious main events. Test your cooking skills on one of the provided grills and savor the flavors of summer. Beer can BBQ cabbage is sure to be a crowd-pleaser to vegetarians and meat-eaters alike! Potluck luncheon to follow. Adults 18+. Register through Virginia Beach Public Libraries at [www.vbgov.com/libraries](http://www.vbgov.com/libraries).

## Juneteenth New Federal Holiday

**Monday, June 20.**

This new holiday was first celebrated in 2021, acknowledging the date in 1865 when slavery was abolished throughout the country. While the SRC will be closed that day, you could take advantage of a new local resource. Amelia Ross-Hammond, our former councilwoman and gifted pianist who has played for us at SRC, has spearheaded the creation of a new self-guided Virginia Beach tour. You can make the tour in your car, following the information printed in a brochure that you can pick up at the Senior Resource Center or you can access at [www.vaaccvb.org](http://www.vaaccvb.org). On the drop-down menu, hit “news/events”, then “news” and scroll down to find the two-page brochure. The tour consists of 13 stops, beginning at First Landing State Park and ending in the Seatack community and includes several sites near the SRC.. The goal of the tour is to show the accomplishments of local African Americans, despite the different restrictions due to race.

## Father's Day Sunday, June 19

Although the SRC will not be having a Father's Day gathering, we know many of us will be thinking of our dads and granddads on this special day.

The little things that dads just do may seem to them routine, but each builds love in families and shows how much they mean. Here's to all the loving fathers we have had in our lives.



## Free Benefits Counseling Wednesday, June 22 1:00-4:00 pm

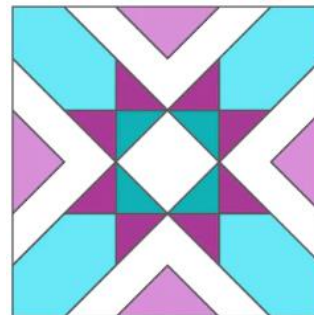
A representative from Senior Services, our Area Agency on Aging, will be at the center for 1:1 counseling sessions, by appointment only. The counselor is a VICAP-certified representative. VICAP is Virginia Insurance Counseling and Assistance, a very beneficial resource that helps you sort through your options and assist you in applying for the benefits you are entitled to. Best of all, there is no charge for these services that can help you:

- Understand how to apply for Medicare benefits
- File Medicare claims and resolve billing issues

- Enroll in a Medicare Prescription Drug Program (Part D)
- Choose a Medicare Advantage Plan
- Understand your Medicare premiums
- Find the best long-term care insurance plan for your needs
- Check eligibility for multiple cost-saving programs

We have not had much response for this convenient service as many of us may not realize how many areas the counseling can cover—it's not just needed during the period of open enrollment when you are trying to figure out if your medical and drug insurance coverage is adequate. Take advantage of being able to receive free, confidential, unbiased information without having to travel into town.

## Juanita Swoope Memorial Amish Library



The library is now available to everyone. Thanks to the generosity of Juanita's family, the SRC inherited Juanita's extensive collection of Amish novels. If you are tired of current bestsellers, often laced

with lots of profanity, gore, and sex, try reading an Amish story instead. No need to sign the books out, borrow them for as long as you'd like, and feel free to put your initials and date you read a book on the inside cover so you won't end up reading the same book twice. The new bookshelf is located on your right as you enter, to the left of our DVD movie collection. Enjoy!

## Mother's Day Tea

What a lovely time we had and what a ton of calories we consumed! 26 folks attended, including 3 brave gentlemen and we enjoyed a vast array of teas and treats. We especially want to thank Judy Turner for creating all the beautiful favors, centerpieces and placemats. Judy spent hours making all the decorations but was unfortunately ill and could not attend. Everyone wishes her well and thanks her for making this a special event. Thanks, too, to June Klag, for all the beautiful tea parties of past years.

## Virginia Beach Mounted Police-

Those of you who attended the annual First Responders' Appreciation lunch in February were able to meet our surprise guests, two incredible horses from our VBPD's mounted police team. We were saddened to hear that one of them, Mick, died suddenly from a heart attack while on duty at the Oceanfront. One of our regular members and volunteers, Sarah Burke, became enamored of Mick after the luncheon and had been visiting him and the other horses at the police barn on Indian River Road. She was heartbroken to hear of his passing and penned a touching poem about him for his female officer.



For Master Police Officer L. Kreitzman

### MICK

Mick was big, 6.2 hands high.  
He looked as if he could reach the sky.  
A beautiful horse who served the people well  
until he took sick and fell.

He was a handsome boy with a nice black mane  
that was cut into a Mohawk. He was so vain.  
He knew he was striking and as smart as could be.  
He and his buddy were special to me.

Big Busta was the other handsome boy.  
The two of them gave me so much joy.  
I know it will be hard for Officer Kreitzman to go on.  
Especially since her partner is gone.

I know he was loved and well taken care of.  
He has a special place with GOD above.  
When the officer crosses the Rainbow Bridge one day,  
Mick will be there to show her the way.

The Mounted Police Unit will hold their open house on **Saturday, June 4, from 10 a.m. – 4 p.m.** There will be demonstrations at 11 a.m. and 3 p.m. of the horse patrol and one at 2 pm by the K9 unit. The stables are located at 2089 Indian River Road, just west of the traffic light at Pungo. Your grandkids would love to go there, and you will enjoy a visit too!

## Tips for Everyday Tasks for People Living with Dementia

Alzheimer's disease and related dementias get worse over time. Even simple everyday activities can become difficult to complete. To help cope with changes in memory and thinking, consider strategies that can make daily tasks easier. Try to adopt



them early on so you will have more time to adjust. You can:

- Write down to-do lists, appointments, and events in a notebook or calendar.
- Set up automated bill payments and consider asking someone you trust to help manage your finances.
- Have your groceries delivered.
- Manage your medications with a weekly pillbox, a pillbox with reminders (like an alarm), or a medication dispenser.

Ask your doctor to provide a care plan and write down care directions (or have a family member or friend take notes during the visit).



## Traumatic Brain Injuries

TBIs, are caused by a bump or blow to the head; however, they may be missed or misdiagnosed among older adults. TBI often

results in long-term cognitive, emotional, and/or functional impairments. In 2005, TBIs accounted for 50 percent of unintentional fall deaths and eight percent of nonfatal fall-related hospitalizations among older adults.

Falls are not an inevitable consequence of aging, but they do occur more often among older adults because risk factors for falls are usually associated with health and aging conditions. Some of these conditions include mobility problems due to muscle weakness or poor balance, loss of sensation in feet, chronic health conditions, vision changes or loss, medication side effects or drug interactions, and home and environmental hazards such as clutter or poor lighting.

“Most people think older adults may only break their hip when they fall, but our research shows that traumatic brain injuries can also be a serious consequence,” said Dr. Ileana Arias, director of CDC’s National Center for Injury Prevention and Control. “These injuries can cause long-term problems and affect how someone thinks or functions. They can also impact a person’s emotional well-being.”

If you or a loved one experience a fall and hit your head, it is advised you see your doctor and make sure you haven’t sustained a hidden injury. Most of us recently noted the unexpected death of T.V. star, Bob Saget, who evidently hit his head in a fall, did not seek help, and died in bed during the night

## Adding Years to Your Life

According to a new study published in Health Psychology, some older adults seem to live longer due to better psychological well-being. On average, those studied who were happier, more optimistic and more purposeful lived longer, as much as 5-8 additional years. These folks had higher than average life satisfaction, positive feelings, purpose in life and optimism. The longer living people appeared to take better care of themselves by being physically active, sleeping better, and engaging in more preventative health care. Being mentally healthy may help reduce the amount of stress, which benefits physical health. A different study showed that social support and happiness have significant positive effects on our bodies. So, maybe worrying less





about eating more veggies and counting our daily steps, we could try to think positively and engage more in enjoyable social activities (recap from Virginian-Pilot 5/1/22 *Raise Your Life Expectancy by 5-8 Years* by Jessica Stillman.)

This article might encourage you to become a member of the Senior Resource Center, attend activities there and sign up as a volunteer. Being part of the center can provide you with socialization and purpose, so come join us,

## Clever Sentences

What do you call a pig with laryngitis?  
Disgruntled

How much did the pirate pay to get his ears pierced? A buccaneer

Prison is just one word for you, but for some people, it's a whole sentence.

What do you say to comfort a friend who's struggling with grammar? There, their, they're

**Helen Lane** was the Queen of the Cardplayers, a funny, kind and gracious lady. She passed away April 12, 2022 at 91 years. We will miss her greatly.

## Donations

In memory of Helen Lane: Johnnie and Rae Williams, Barbara Vaughan, Ken and JoAnn Roffler, Al and Barbara White, Dolphinettes Anglers Club, Don and Rita Trammell, The David and Jane Weiss Living Trust, Jim and Anne Bright, Debbie and Edgar W. Lane

Beth Swanner for kitchen needs

Linda Zaloga to be used as needed

June Klag in memory of Dukie Davis, Linda Whitt and Bob Williams

### 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.

June 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 - 12:00 Reading Group (PR Marcia H.)	2 8:30 Board Meeting  Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	3 10:45 am Writing/Conversation (PR Jan Donovan & Sarah B.) 12:30 Cards (Card Group PR)	4 1:00 Game Day (PR Jo-Ann R.)
5	6	7	8	9	10	11
		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)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Writing/Conversation (PR Jan Donovan & Sarah B.) 12:30 Cards (Card Group PR)	1:00 to 3:00 PM Unwinding with Watercolors Paint sunflowers while enjoying the calming effects of watercolors.
12	13	14 <b>Flag Day</b>	15	16	17	18
		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 AM - Beets on the BBQ - Making veggies the main attraction on your next cookout. Potluck lunch to follow	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Writing/Conversations (PR Jan Donovan & Sarah B.) 12:30 Cards (Card Group PR) 7:00 PM Fond Memories	 6:00 to 9:00 PM Game Night (PR Rita T.)
19	20 <b>Juneteenth</b>	21	22	23	24	25
	The SRC Will Be Closed for the federal holiday commemorating the emancipation of enslaved African-Americans	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/Conversation (PR Jan Donovan & Sarah B.) 12:30 Cards (Card Group PR)	
26	27	28	29	30		
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<b>Notes:</b>						