

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER — JUNE 2024

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

### Read And Share

**Wednesday, June 5 10:30 am-12:00**

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. This group meets the first Wednesday monthly at the Senior Resource Center.

### Bonkers for Bunko

**Monday, June 10 2:30 pm-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. Call 757-385-0150.

### Tiny Canvas Book Art

**Friday, June 21 3:00 pm-4:00 pm**  
**Pungo-Blackwater Library**

Make a big impression on these tiny art canvases. In this program we will be making delicate works of art from recycled book pages and scrap art items. Adults. Registration is required.

### Family Treasure Box

**Saturday, June 29 10:00 am-11:00**  
**Pungo-Blackwater Library**

Learn new ways to highlight cherished heirlooms, preserve memories, and compile traditions through memory boxes that can be shared with loved ones for years to come. Adults. Registration is required. Call 757-385-0150.

### Staying Cool for Seniors

Senior Services, our Area Agency on Aging, in partnership with Dominion Energy, offers the Senior Cool Care program, providing window air conditioners, portable air conditioners and fans to older adults who need extra cooling in their homes. Participants must be 60 or older, with adjusted gross income for one person \$1883 per month, or for two people, \$2,555 or less per month. The funding does not cover delivery, installation or bill payment. For more information call Senior Services at 757-461-948. Enrollment period runs from May 1-October 31, 2024. For bill payment assistance, apply through Dominion EnergyShare program by calling either 211 or the Regional Housing Crisis Hotline at 757-587-4202.

### Tidewater Wildlife Rescue

If you find injured, stranded or any wildlife in need of help, call the TWR Hotline at 757-255-8710. They will find the right rehabber for the species in need of help.

## Dozoretz Hospice House of Hampton Roads

This new hospice facility had its ribbon cutting on April 23. This 12-bed facility was the brainchild of our beloved Terry Jenkins and is located adjacent to the intersection of Nimmo Parkway and Upton Drive. Governor Youngkin and Mayor Bobby Dyer attended the grand opening. It was heartwarming to see the very special plaque on the wall of the children's playroom that reads as follows: "Terry's Room Dedicated in loving memory of Terry Jenkins. The Hospice House was Terry Jenkins' vision. She worked diligently on her plan, utilizing all the resources and contacts she had acquired during her illustrious career. She was a force of nature as she sought solutions for those in need in our community. We hope you feel Terry's love, generosity and dedication in this room. May it be a place of comfort and peace. With sincere admiration. Job well done, Terry Jenkins! "

It is sad to note that Terry died of cancer before she could see her dream become a reality. We should all follow Terry's example and try to do good.

The non-profit Hospice House continues to seek donations and checks made out to the facility can be mailed to: P.O. Box. 683, VB, Va 23451.

## Farmers Market Friday Night Hoedowns

June 7	Dallas Band
June 14	Timeline
June 21	The Country Rockers
June 28	Timeline

## Regional Housing Crisis Hotline

If you learn about someone who is homeless or in danger of losing their home, tell them to call this hotline at 757-227-5932 from Monday-Friday 8 a.m. – 7 p.m. For information and resources, you can go to:

[www.beachcommunitypartnershi.org](http://www.beachcommunitypartnershi.org). The Virginia Beach Housing Resource Center is a one-stop shop of services for families and individuals experiencing homelessness or a housing crisis. It is located at 104 N. Witchduck Road, just a block off of I264.

## Hurricane Season Begins June 1<sup>st</sup>

The upcoming hurricane season is forecast to be a busy one, so we'd all be smart to be prepared. Longtime residents have heard the warnings in advance of hurricane season so often that they often dismiss them. But this year, it's not something to ignore. All signs point to it being an extremely active season for tropical systems, so readiness is more important than ever. You'll find lots of good, free information at the SRC regarding emergency preparedness, on the table behind the volunteer's desk. The time to get ready is before the storm hits, not to be caught unprepared. Keep in mind that being prepared for strong winds and heavy rain is not only for you and the safety of your family, but it also helps the first responders who will be very busy in the aftermath of a storm.





## In honor of Father's Day June 16, 2024

### My Dad

*by Vicky Frye, June 2015*

If I could write a story, It would be the greatest ever told. I'd write about my daddy, For he had a heart of gold. My dad, he was no hero Known around this world. He was everything to me, For I was his baby girl. I'd write about the lessons. He taught me right from wrong.

He instilled in me the values That one day I'd be strong. He taught me to face my fears, Take each day as it comes, For there are things that we can't change. He would say what's done is done. He would say hold your head up high, Carry yourself with pride. Thanks to him, I am somebody, I will never run and hide. If I could write a story, It would be the greatest ever told. I'd write about my daddy, For he had a heart of gold.

Gorgeous Gardens Thanks to the ongoing efforts of Gaby and Tommy Morrison, the garden beds all around the SRC have never looked prettier. They provided many of the perennial plants, including those that attract butterflies and have also transplanted a very large number of irises, donated by Diane Greene and tiger lilies donated by Donna Dawley. The flowers they planted last year have flourished, so the bed by our main entrance is very lush. We appreciate their expertise and all their labor. Next time you visit the center, take time to walk around the building and see all the beds. We hope to add labels to the plants so you can learn the names. If you have plants/bulbs you'd like to donate, call the center with your information.

## Donations

These were made **April**, but were inadvertently omitted from the May newsletter

Larry E Heidlebaugh two donations

Julia Coppedge and Jenifer Stone in memory of Jim Bright

Teresa W Honeycutt donation for March

Mark and Kay Cayo donation in memory of Mary Alice Gilbert

Arlene Landon, Laurence Landon, and Elizabeth Stevenson donation

Barbara Vaughan remembering Jim Bright

Arlene Landon electric kettle

Mauri and Liz Ealy in honor of Anne Bright

Frances Mae Etheridge to be used as needed

### Donations Made in May

Beth Swanner to be used as needed

Johnnie ad Rae Williams to be used as needed

The Blackbaud Giving Fund (Vizient) donation

## Newsletter Snail Mailing

Due to continual increases in the cost of postage, we will no longer be mailing hard copies of our monthly newsletters to members who have an email address. You will receive notice by email of the posting of each newsletter as it is added to our website. The advantage of getting the newsletter via email is that it is in full-color and it will be available to you much sooner than if it had been mailed to you. Thank you for accepting this change as we attempt to be as economical as possible.

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## Crafters for Charity

The talented crafters in this group continue to produce a large number of items to donate to local charities. If you knit, crochet or sew, consider joining this group, or attend in order to learn how. They meet monthly on the third Monday at 10 a.m., but many of the members work on items at home as well. It's amazing how productive these crafters are, and it is heart-warming to see how much good they do. Their blankets, tote bags, hats and gloves benefit local shelters for women and pets, as well as foster kids.

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## Powered by Connection

The Federal Government chose this as the theme for Older American's Month, which was celebrated in May. They were calling attention to the critical link between staying in touch with other people and emotional and mental health. As mentioned in a previous newsletter, the U. S. Surgeon General, Vivek Murthy, said that there is an epidemic of isolation in the United States that imperils the health of our citizens. He cited research that shows an estimated one in two adults report experiencing loneliness. He called social isolation a public health crisis that can result in increased risk of heart disease, stroke and dementia.

As a result of this increasing problem of isolation, AARP is urging seniors to get up, get out and get active in the community and to become involved with others. We strongly believe that the Senior Resource Center is providing exactly what the community needs- a convenient place to meet, attend an activity or lecture, participate in a pot luck meal, and make new friends. It also can provide a place to volunteer, to feel like you are contributing, to feel like you make a difference. So, check our activity calendar, plan which events you want to

attend, and come on down. There is no cost to attending and all are welcome.

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## Scams' Toll

A recent report by the FBI stated that in 2023, \$3.4 billion was stolen from seniors by scammers! That's right, \$3.4 billion! Losses by those over 60 were up 11% over 2022. The FBI attributes those massive losses to increasingly sophisticated criminal tactics to trick the vulnerable into giving up their life savings. The most commonly reported fraud among older adults last year was tech support scams, in which criminals pose over the phone as technical or customer service representatives. Requests from a supposed "friend" for you to purchase gift cards are another popular scam.

As much as we read and hear about being on guard regarding suspicious phone calls and emails, we obviously are still falling for these scams. Do not give out your personal information, including Social Security number, date of birth, account information, etc., over the phone or computer, unless you have initiated a call to an agency or company. Learn to ignore phone calls from unfamiliar phone numbers if it's someone you want to talk to, they will leave a message. Don't be a victim! If you are a victim, be sure to report the case to the Federal Trade Commission at [www.reportfraud.ftc.gov](http://www.reportfraud.ftc.gov) or call them at 877-382-4357. You can also contact the AARP Fraud Network Helpline at 877-908-3360.

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## Visiting Someone with Dementia

*Condensed from [dailycaring.com](http://dailycaring.com)*

Most of us have a relative or friend with memory problems, and it takes practice to know



how to best communicate with him or her. Here are some basic suggestions:

- Don't speak too loudly- the person is not necessarily deaf.
- Make eye contact and try to be on their same level.
- Introduce yourself and avoid asking them who you are.
- Speak slowly and in short sentences, with only one idea per sentence.
- Don't rush the conversation and give them ample time to respond.
- Use open-ended questions that have no right or wrong answers.
- Be ok with just sitting with them in silence.
- Follow their lead.
- Be aware of your body language and tone.
- Go with the flow even if they talk about things that aren't true or don't make sense.
- Share and discuss memories from the past.
- Bring a book, photo album or magazine along to use as a prop.
- If tolerated, give a hug or pat their hand.
- Avoid asking "do you remember."
- Don't argue.
- Don't talk down to them.

## Better Tests for Alzheimer's

According to research described in JAMA Neurology, the accuracy of a new blood test that identifies a specific protein in the blood (p-tau217) was found to be more than 90% accurate. Hopefully this new type of blood test will be able to be used instead of expensive brain scans or invasive spinal taps.

## Brain Donation

Did you know you can donate your brain? The National Institutes of Health established the NeuroBioBank, consisting of six biorepositories in the U. s. that store and distribute brain tissue.

There is an organization, the BrainDonor Project, that educates people about the critical need for brain donations and helps them to preregister. Both healthy and diseased brains(ones with neurological disorders like Lewy Body dementia or Parkinsons)can be donated. It helps to preregister on their website, if you are interested, at [braindonorproject.org/](http://braindonorproject.org/) . The NIH pays all expenses, and once the brain is donated, the donor's body is released to the family. In addition to organ donation upon death, this is a way to know that you are contributing towards diagnosing, curing and even preventing a disorder. Just one more thing to think about.

## Mothers' Day Tea

A grand time was had at this annual celebration, although we were disappointed by the low turnout. Thanks to Judy Turner and Gaby Morrison for the lovely decorations and to the Trammells and Rita Jones who helped set up for the event.

### 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](http://www.vbsrc.com) and help save printing and postage costs.

# June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						 <b>1:00 Game Day</b> (PR Jo-Ann R.)
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
		9:30 Exercise (PR R. Joyner) <b>10:00 - 11:00 Blood Pressure testing</b> 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 (Angie V.)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars <b>Flag Day</b>  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) "	
<b>Father's Day</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<b>2:30 Bonkers for Bunko at the PBL, Reg Req (757) 385-0150 (PR. Angie V)</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 History (PR B. Henley)	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)	 <b>6:00 to 9:00 PM Game Night</b> (PR Rita T.)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	<b>10:00 am SRC Crafters for Charity- C4C (PR Gaby Morrison)</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.)	<b>Juneteenth Holiday-Closed</b>	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) <b>3:00 pm Tiny Canvas Book Art, PBL, Reg Req. (PR Angie V)</b>	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>June 30th</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 History (PR B. Henley) ----- <b>1:00 - 4:00 Medicare 1:1 Benefits Counseling (PR Eileen Churchill)</b>	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)	<b>10:00 Family Treasures PBL, Reg Required (757) 385-0150 (PR Angie V)</b>