

look them in the eye and show your gratitude.

4. **Show up.** When a friend or family member needs help or wants company or seems not quite like themselves, be there for them. Call, write, email, visit — whatever it takes. Let them know that you appreciate the role they play in your life by being there for them.
5. **Practice mindfulness.** Mindfulness means living in the moment. It means appreciating every bite of your lunch. Enjoying the soft purr of your cat. Embracing the time that you have with your grandchildren. And savoring time spent doing things you love. Rather than just going through the motions of all of the above, remind yourself to be in the moment and aware of all that's happening around you. It's easier to be grateful when you're savoring the experience.
6. **Tell people you appreciate them.** We're not talking about a "nice sweater," here, although that's a lovely thing to say, if you mean it. Rather, think about the things you relish about your friends and family. Write those items down in your gratitude journal. And then be sure and share the compliments with the people, themselves. You can say it over the phone, via email, in person or — our preference — in a thoughtful letter. Let them know why you adore them. It'll make you feel good for spreading the love, and they're bound to enjoy knowing that they've made an impact on you. They may even pay the compliment forward and start a gratitude chain.

No matter where you are in life, there are, no doubt, many reasons to be grateful. Think about those reasons, and they may help brighten your entire outlook on the world.

be thankful



Donations

June Klag in memory of Ruby Waterfield Morris, Mike Brown, Charles Brockett, Kermit Mitchell, Elsie V. Creekmore, Marilyn Danner, Mike Clark, Hudson Foschi, Sara Hembree

Judith Hall in memory of Ed Hall, Marilyn Danner and Bob Danner

Madeline Harris in memory of Marilyn Danner

Barbara Henley in memory of Marilyn Danner

Betty and Walter Whitehurst in memory of Bob and Marilyn Danner

Johnnie and Rae Williams in memory of Marilyn Danner

CORRECTION:

Senior Services I Ride van transportation to medical appointments **does not** serve the southern part of Virginia. The information that we published in the September 2018 newsletter was given to us in error by that agency.

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

Councilwoman

Barbara Henley 426-7501

City Liaison

Shari Williams
385-2175, Tue & Fri

Hours of Operation

Monday – Friday, 9:00 AM – 4:00 PM

During inclement weather, The SRC operates on the local school schedule.

Newsletter

Anne Bright 426-7832
Newsletter Layout
Tom Shearer 426-7831



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