

SENIOR RESOURCE CENTER, INC.

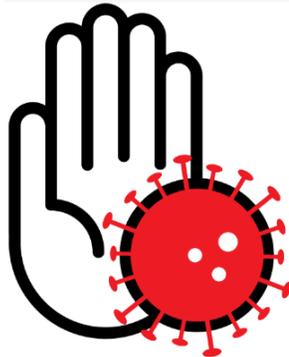
NEWSLETTER – MARCH 2021

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

The Senior Resource Center will be operating according to the health situation at the beginning of April. Our first consideration will be the health and safety of our patrons. Please check the website and the message board outside the building for updates on times of operation.

Covid -19 Restrictions Continue

It is hard to believe that it is now a year since everything closed down at the Senior Resource Center. None of us would ever have guessed that such a major change in our lives would last this long! We may finally be used to wearing face masks wherever we go and maybe we have adapted to Zoom meetings with our relatives. But many of us are still feeling isolated and alone. Hopefully, with more of us getting vaccinations, things will begin to open up. We look forward to being able to meet in person again.



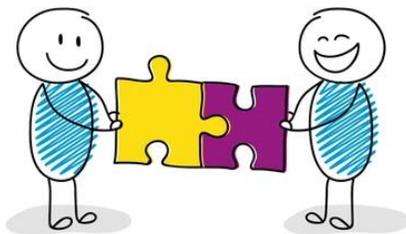
Creeds Ruritan Barbecue Continues Despite Covid

Creeds Ruritan Club is pleased to announce its 45th Annual Whole Hog Barbecue fundraising event to be held on Saturday, March 20, 2021, from 11:00 a.m. to 3:00 p.m. In response to the Covid-19 pandemic, they have changed the format to a Drive Thru event at the Creeds Ruritan Community Complex at 1057 Princess Anne Rd. with take out only. Everyone is invited to participate. Tickets are \$10.00 each, available from any Ruritan member or on the premises the day of the event. Each meal will include a hearty portion of pork barbecue, cole slaw, baked beans, a dinner roll and choice of bottled iced tea or bottled water. Additionally, four pound bags of delicious barbecue are available for \$25.00. Barbecue will be made fresh that day, so you can divide it into smaller packages at home to freeze and enjoy another day. Tickets for dinners and bags of barbecue may be purchased on the website at <https://creedsruritan.com/>. Should you decide to purchase online, please bring a printed receipt or show the receipt on a mobile device. Please remain in your car and follow the traffic directors who will ensure that your purchase will be delivered safely to your car.

All the generous people and businesses in southeastern Virginia Beach help the Ruritan Club to give back to the local community in a variety of ways, including college scholarships, Christmas food baskets and sponsorships for other local clubs and organizations. We hope to see you there so that the tradition of giving back can continue.

Attention Jigsaw Puzzle Lovers:

Linda Walsh, one of our bingo players, has kindly donated several puzzles to the SRC. They are located in the large shopping bag on the round table in the entrance room, and she says you should feel free to take them home to enjoy. If you have a key to SRC, help yourself, and maybe pick up one for someone else who doesn't have a key.



Pungo Ferry Bridge Project Update

The **Virginia Beach Public Works Operations Group** has scheduled routine maintenance to the Pungo Ferry Bridge beginning in February. This structure is currently 29 years old (built circa 1991) and provides vehicular access over the North Landing River between the City of Virginia Beach and City of Chesapeake.

The notice-to-proceed was issued on Monday, February 8, 2021. **Work will begin in late February with single-lane closures; full weekend closures will begin in mid-March.**

This project is considered preventative maintenance and will consist of:

- Repairs to the deck and beams
- Bearing replacement
- Epoxy deck overlay
- Cleaning, painting, and waterproofing of steel components.

The project will require total shutdowns of the bridge on WEEKENDS from Friday evening at 9 p.m. until Monday morning at 5 a.m. Crews expect these shut-downs to run for approximately 10 weeks – ending May 2021.

On weekdays, a single lane will be open to traffic, controlled by flaggers and open for vehicles to cross in both directions between 9 a.m. and 3 p.m. Both lanes will be open before 9 a.m. and after 3 p.m. each weekday.

The work is scheduled to be completed June 2021 – weather permitting.

Public Works will continue to work closely and coordinate with **Fire/Police/EMS/Agriculture** officials.

Additional information and schedules will be published on a regular basis as they are finalized. For questions, information, and updates, email: jrevans@vbqov.com.

Real Estate Tax Exemption/Freeze

Basic requirements to qualify:

Senior Citizens must be at least 65 years of age

Totally Disabled individuals must be totally AND permanently disabled – there is NO age limit- \$10,000 income exclusion allowed

Must Reside in the Virginia Beach home or mobile home or a convalescent facility

Tax Exemption/Freeze:

Annual household income must NOT exceed \$57,829 for Tax Exemption

Annual household income must NOT exceed \$75,455 for the Freeze

Assets must NOT exceed \$355,000 (OTHER THAN RESIDENCE)

New Statewide system for Vaccine Pre-Registration

On February 19, 2021, the Virginia Public Health Department will no longer provide the system online for pre-registering for vaccine. Instead, as of February 22, the system will switch to a central statewide system. Anyone who has already signed up via the VBPHD does not need to register again, as their information will be automatically imported into the new state-wide system. However, appointments will still be made by our local health department.

If you have already received your first round of vaccine at the Virginia Beach Convention Center, you hopefully found the entire process very smooth, well-organized and speedy.

Virginia Beach Health Department Warns of Fraud Schemes Related to COVID-19 Vaccines

VIRGINIA BEACH, Va. (Feb. 12, 2021) — The Virginia Beach Department of Public Health (VBDPH) is warning residents of bad actors who may be attempting to take advantage of people anxious to receive a COVID-19 vaccination. VBDPH advises residents to be aware of potential scams related to the vaccine.

Bad actors may register website domains related to COVID-19. These fake websites and applications may claim to provide an opportunity to register for a vaccine, provide testing results, or other resources, however, they are used to steal credentials, bank account information, or to infect your devices with malware.

The health department has been made aware of scam emails attempting to convince the recipient to reveal sensitive information (i.e. bank account information) by demanding payment in order to receive a vaccine. Other scams may be designed to compel the recipient to open a malicious link or attachment, allowing them to potentially access the recipient's system. Clever phishing emails will look legitimate and will likely impersonate well-known and trusted entities. Never open any link or attachment from a source that you cannot clearly identify as being legitimate.

Tips and warning signs:

- Legitimate vaccine appointment invitation emails from VBDPH will be sent from VaccinateVB@vdh.virginia.gov.
- You should never be asked to pay for a vaccine or for early access to a vaccine. Vaccines are free to all residents.
- The VBDPH will never ask for your Social Security number, driver's license number or

bank information in order to receive a vaccine.

- You may be asked to provide health insurance information, but insurance is not required to receive the vaccine.
- Scammers may pose as legitimate businesses or organizations related to the distribution of the vaccine, including the VBDPH, in an effort to steal your personal or financial information.
- Before clicking on any links, ensure that any email you receive related to the vaccine is coming from a legitimate source before clicking links or opening attachments. You may also hover your mouse over links to see where they lead to ensure the URL is legitimate.
- Anything that conveys a sense of urgency to click a link or provide information should be regarded as suspicious
- Continuously update your passwords and update any default unsecure settings. Ensure backup protocols are in place with your devices
- Never give out your personal information, including banking information, passwords Social Security Number, etc. over the phone or via email.

If you believe you have been targeted for a vaccine-related scam or suspected fraud, please contact the Virginia Department of Health at 877-ASK-VDH3 (877-275-8343).

For more information about the COVID-19 vaccine and related resources in Virginia Beach, visit the state's website at vdh.virginia.gov/covid-19-vaccine or the City's emergency site at emergency.vbgov.com/coronavirus.

For more information about COVID-19-Related Phone Scams and Phishing Attacks, visit cdc.gov/media/phishing.html.

Consumer Scams

If you spot a scam or are a victim of one, please report it to the Federal Trade Commission (FTC). You can call them at 1-877-382-4357 or go online to www.ftc.gov/complaints. Your complaint can help protect other people. By filing a complaint, you can help FTC investigators identify the imposters and stop them before they can victimize others. It can really make a difference, so take the time to make a report.

Free Income Tax Preparation

AARP Tax Aides provide free tax preparation help at Central Library **BY APPOINTMENT ONLY**.

Due to Covid-19, the process will be different and will require multiple trips to the Central Library. But it may be worth the extra travel to save the cost of a tax preparation firm.

Call (757) 524-0626 to leave a message requesting an appointment.

AARP will then call you back to schedule an appointment. There will be no same day appointments and all appointments will be at Central Library. Once the appointment is made, you will be instructed to pick up your packets from Central Library. The packets will contain all the information you will need for your appointment.

On appointment day, you will come to the side entrance of Central Library and an AARP Tax Aide will meet you to take your documents either for drop off or to scan. A follow up appointment will then be made for you to return to Central Library and pick up your documents.

The FREE TAX HELP phone number **for questions only** is (757) 431-3060 and is available Monday – Saturday 10 a.m. – 4 p.m. until April 15, 2021.

Is Virginia Sitting on Some of Your Money?

Did you know that the unclaimed property division of the State of Virginia Treasury currently holds about \$2 billion of other people's money? Some of it could be yours.

This money may be due from a tax refund, a retirement account, dividends or savings accounts not claimed by the owner. Go to www.vamoneysearch.org to search for yourself or a deceased loved one for whom you are a beneficiary.

Keep Sharp: Build a Better Brain at Any Age

This is the title of a new, bestseller book by Dr. Sanjay Gupta, published in conjunction with AARP. This neurosurgeon shares his learnings and experience on how to make your brain "better, faster, fitter and sharper", noting these key requirements:

1. **Move:** Exercise is not only good for the body; It's even better for the brain.
2. **Discover:** When you learn something new, you exercise your brain. Try taking a class in something new to you, learn a new language.
3. **Relax:** Your brain needs to chill out, with adequate sleep and down time.
4. **Nourish:** Consuming nourishing foods and limiting others can help prevent memory and brain decline.
5. He recommends using the **SHARP** method:

S: Slash the sugar

H: Hydrate smartly

A: Add more omega-3s from natural sources

R: Reduce portions

P: Plan meals ahead

Chuckles for the Day

No one can drive you crazy unless you give them the keys!

Exercises to Avoid

Jumping to conclusions

Flying off the handle

Carrying things too far

Pushing my luck

What starts with an “e,” ends with an “e” and has only one letter in it? An envelope

Food for Thought

At the end of our life, what really matters is not what we bought but what we built; not what we got, but what we shared; not our competence, but our character; and not our success, but our significance. Live a life that matters. Live a life of love.

In the end, we won't remember the most beautiful face and body. We'll remember the most beautiful heart and soul.

Do not stress about the COULD HAVES. If it SHOULD HAVE, it WOULD HAVE.

At the end of the day. I am at peace.
My family is safe.
We have food on the table and a place to sleep.
For all of this, I am grateful.

While on this ride called Life,
You have to take the good with the bad,
Smile when you're sad, love what you've got
and remember what you had.
Always forgive, but never forget, learn from
your mistakes, but never regret.
People change, things go wrong,
Just remember, the ride goes on.

When you look in the mirror, yes, you may see a new line or two; yes, the age spots may be showing on your hands; yes, our bodies may sag here or there in all directions. Memory—well, we have to deal with it! But we are still alive and kicking. This is something we should all read.

Donations

Linda Walsh- Jigsaw puzzles for everyone's enjoyment

June Klag- In memory of Gary Harris, Sean Land, John Salmons, Ruth Bright Walker, Ray Etheridge, Leonard Deline, David Flanagan, Jim Oglesby, David Gregory, Jr., Peggy and Harold Wall, Dorothea Freeman, Hester Dowdy (NC), Dunie Bonney, and Donovan Bonney

Pungo Publishing Company – to be used as needed

Thanks to the Newsletter Committee

We appreciate all the help from Martha Giovanelli and her newsletter volunteers in continuing to prepare and mail our monthly newsletters. We know it's important for our members who are not online to continue to hear from the SRC, so thanks to all those who help make this possible.

Life Lessons Written by Regina Brett, a 90-year-old for the Cleveland **Plain Dealer**.

“To celebrate growing older, I once wrote the 43 lessons life taught me. It is the most requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:”

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first paycheck.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won't screw up the present.
11. It's OK to let your children see you cry.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. If a relationship has to be a secret, you shouldn't be in it.
14. Everything can change in the blink of an eye, but don't worry, God never blinks.
15. Take a deep breath. It calms the mind.
16. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
17. Whatever doesn't kill you really does make you stronger.
18. It's never too late to be happy. But it's all up to you and no one else.
19. When it comes to going after what you love in life, don't take no for an answer.
20. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
21. Over prepare, then go with the flow.
22. Be eccentric now. Don't wait for old age to wear purple.
23. The most important sex organ is the brain.
24. No one is in charge of your happiness but you.
25. Frame every so-called disaster with these words 'In five years, will this matter?'
26. Always choose life.
27. Forgive.

28. What other people think of you is none of your business.
29. Time heals almost everything. Give time.
30. However good or bad a situation is, it will change.
31. Don't take yourself so seriously. No one else does.
32. Believe in miracles.
33. Don't audit life. Show up and make the most of it now.
34. Growing old beats the alternative of dying young.
35. Your children get only one childhood.
36. All that truly matters in the end is that you loved.
37. Get outside every day. Miracles are waiting everywhere.
38. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
39. Envy is a waste of time. Accept what you already have, not what you need.
40. The best is yet to come...
41. No matter how you feel, get up, dress up and show up
42. Yield.
43. Life isn't tied with a bow, but it's still a gift."

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

<p>President Johnnie Williams 470-7186</p> <p>Vice President Sharon Prescott 630-2660</p> <p>Treasurer Pat Jenkins 618-5304</p>	<p>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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SENIOR RESOURCE CENTER

Councilwoman
Barbara Henley 426-7501
City Liaison

Newsletter
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 and help save printing and postage costs.