

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – MAY 2023

IN OUR FIFTEENTH YEAR

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

## Find Your Flow: Painting with Water

Monday, May 8 1:00-2:30 pm

Immerse yourself in the serenity and joy of painting with water. Learn how to make and use a Zen Board and discover the meditative power of watercolor doodling. Registration is required. Call the library 757-385-0150. The class will be held at SRC.

## Mothers' Day Tea Party

Friday, May 12 1:00 pm

Moms and Grandmoms join us at this annual event to honor all that we do for our families. If you enjoy dressing up, do so, and add a pretty hat, if you like. But you are welcome to attend in casual clothing too. Please bring a special dessert or mini tea sandwiches to share, along with your favorite tea cup.



## Senior Showcase

Princess Anne Rec Center

Wednesday, May 17 9:00 am-1:00 pm

This annual, free event is sponsored by the Virginia Beach Mayor's Commission on Aging. This expo provides information for seniors, families and caregivers. You will find out about city services and programs, area resources, facilities and agencies, and lots of helpful information about health, wellness and active living. Pre-register for a free box lunch by calling 757-385-2689 or email [www.vbgov.com/aging](http://www.vbgov.com/aging) SRC will have a table there, so come on down and say hi.



## Memorial Day Military Aviation Museum

Monday, May 29 11:00 am



Join us for this very special event at the museum, 1341 Princess Anne Road, VB 23457. The museum has graciously invited us to join them in honoring veterans. Plan to arrive around 11:00; parking will be set aside for us. Gather around the flagpole by 11:45 for flag raising and Taps. Refreshments will be served after. The ceremony will be held inside if it rains. SRC members attending this event will be given wrist bands that will allow them free entrance into the museum after the program. Let's have a great turnout for this to show the museum how appreciative we are. We hope to see area veterans attend, so if you are one or know one, please join us and bring a veteran friend.

## Mental Wellness and Seniors Strength through Experience

Lecture and Pot Luck Lunch

Monday, May 22 11:00 am

Let's have a conversation about mental wellness and seniors. Just as children are not simply young adults, seniors are not simply older adults. We have our own special needs,

especially when it comes to health issues, which includes our mental health.

As a volunteer with NAMI (National Alliance on Mental Illness) and a senior, our speaker, Joann Mancuso, will have a discussion about our mental health needs, share solutions that have worked, and also share community resources. She has decades of work experience with the mentally ill and brain-injured population.

Please bring a dish to share for lunch.

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## Farmers' Market Friday Night Hoedowns

The season for these free, weekly, country music concerts began in April and runs through October. Held at the Farmers' Market, located at 3640 Dam Neck Rd., at the intersection with Princess Anne Rd., these outdoor concerts provide you a chance to line dance, or just sit and enjoy the music. Bring a chair or blanket.

7:00-10:00

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

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## Mother's Day Thoughts

What makes a mother wonderful is everything she shares...

her wisdom and her faith in you that shows how much she cares.

It's her constant understanding right from the very start

but most of all, it's having such a warm and loving heart.

Mother's Day is an opportunity to honor the women who shape our lives, women who give generously and love unconditionally, women who have raised us, guided us, encouraged us, and celebrated us.

## Taps

We all know the 24 note tune Taps. According to the best-known authority on this Taps bugle call, Jari Villanueva, Taps resulted from a reworking of an older bugle call known as "to extinguish lights" or "tattoo.", and is now associated with military funeral honors provided for military veterans. Most of us recognize the melody, but many may not know or remember the lyrics:

Day is gone  
 Gone the sun  
 From the lakes  
 From the hills,  
 From the sky.  
 All is well.  
 Safely rest.  
 God is nigh

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## Care Transitions for Hospital Discharge Assistance

Senior Services of Southeastern Virginia, our Area Agency on Aging, provides this free program for those 60 years and up, who are ready to be discharged from Sentara Norfolk General, Sentara Leigh or Sentara Virginia Beach Hospitals. Coaches have five contacts with you by phone or in person, to make sure you understand your discharge instructions, obtain and manage your prescriptions, make follow-up medical appointments, and help you access services to help you stay healthy. The goal is to prevent readmission to the hospital within 30 days of discharge. Those who are in hospice, on dialysis or are homeless are not eligible. Call 252-435-8550 to request this service while you are inpatient.



## Tote Bag Project

Thanks to Gaby Morrison, our Crafters for Charity leader, we now have another local charity that we can support. Gaby arranged a sewing bee at SRC on April 17, to make tote bags for Lynnhaven River Now, a local non-profit whose goal is to restore and protect Virginia Beach's waterways and natural resources. LRN's newest project is providing reusable tote bags to the public, to encourage them to use fewer plastic bags. Gaby's group made new bags, using donated fabric. Now we have a bin, at our entrance, so you can donate your extra tote bags. If you sew, we can also provide the pattern that our member, Jean Powers, created, and you can sew bags at home.

Crafters for Charity meets the third Monday monthly at 10 a.m. and all are invited. If you sew, knit or crochet, your talents can be put to use.

## SRC Publicity

If you go online to NextDoor or belong to a local Facebook group, do us a favor and take a few minutes to post upcoming activities at the SRC. We are



always looking for new "members" and you can help get the word out. Check out our Facebook page, too, at Creeds Senior Resource Center. The activities committee spends a lot of time planning and arranging every event/lecture and we appreciate having a good audience to make our efforts worthwhile.

## Book recommendations from the Read and Share Group.

*A World of Curiosities* by Louise Penny; *A Voyage Long and Strange; Rediscovering the New World* by Tony Horwitz; *The Diamond Eye* by Kate Quinn; *The One-in-a Million Boy* by Monica Wood; *Good Grammar is the Life of the Party: Tips for a Wildly Successful Life* by Curtis Honeycutt; *The Beach House* by Rachel Hanna; *The Elk-Dog Heritage* by Don Coldsmith; *Demon Copperfield* by Barbara Kingsolver; *The Dictionary of Lost Words* by Pip Williams; *Bloomsbury Girls* by Natalie Jenner.

## Grief Support Groups

If you experienced a loss of a loved one and are going through a rough time, you might want to consider attending a support group where you can share your feelings and concerns with others who are going through the same thing. There are 2 grief groups in Virginia Beach; neither requires pre-registration.:

"My Friend, I Care" Meets every Tuesday at 10 a.m. at Old Donation Episcopal Church, 4449 N. Witchduck Rd., VB 23455. Facilitator Patty Hendrix 757-362-4535

Medi Home Health and Hospice Meets every Thursday 10:30a.m.-12:30p.m. at Our Lady of Perpetual Help 4560 Princess Anne Rd. VB 23462. Facilitator Sukie Bailey 757-986-3116.

Many area churches also provide a Biblical, Christ-centered group that meets for 14 weeks. Go online to [www.griefshare.org](http://www.griefshare.org) to find a church near you with an upcoming series of meetings. If you are looking for a specific type of grief group, i.e., for those who have lost children, search [www.lifenethealth.org](http://www.lifenethealth.org) for a very broad list of groups.

## Advance Care Information

If you did not attend the Advance Directive lecture in April, you can still pick up a very helpful booklet provided by Sentara, *My Advance Care Planning Guide*. All adults, from age 18 and up, are encouraged to complete Advanced Directives for Healthcare while they are healthy and clear-minded. If you have preferences about the kind of medical treatment you want to have or do not want to have when you become critically ill, now is the time to put those preferences in writing. Before completing this document, you need to have serious conversations with your loved ones so they clearly understand your wishes and also to get permission from those you want to designate as your agents. Don't leave it to others to guess what you would have wanted. Look for these booklets on the counter at SRC.

## VB Alert

Are you in the know about VBAlert, a free City program? You receive recorded public safety messages automatically on your landline telephone number, but you need to sign up if you also want email or text message alerts. Examples of alerts are: rabid animals; hostage/barricade situations; boil water notifications; HazMat spills; weather warnings. Go to [www.vb.gov/VBAlert](http://www.vb.gov/VBAlert) to sign up. Pick up a brochure at SRC.

## Help Support Our Local Charities

Don't forget that the SRC continues to support the Charity United Methodist Church Food Pantry, and Connect with a Wish. The Food Pantry supports the entire rural area and the need for food is ongoing, especially with the

increased cost of groceries. Connect with a Wish is a non-profit that supports foster kids in the area, from infancy through young adulthood. Since you are not required to pay any fee to belong to the Senior Resource Center or to receive our newsletter, we hope you will consider purchasing a few items on a regular basis for these two programs. Bins are located just inside our entrance, and you will find lists of items needed on the table as you enter. Take the lists along with you and keep it handy while you shop. These charities will appreciate your generosity.

## Are You the Lucky Winner?

Did you know that sweepstakes, prizes and lottery frauds are among the top scams people report to the Federal Trade Commission? These scams usually start with a phone call or message that says you're a winner. They tell you that to get the so-called prize you have to send money or click somewhere to provide needed information. **Don't!** Consider:

- Did you enter the sweepstakes or play the lottery?
- Real prizes are free and you should not pay taxes, snipping fees. Etc.
- There is absolutely no reason to ever give your bank account or credit card number in order to claim a prize. Don't share any financial information.
- If you click on their link, you may download malware on your device or share personal information you should not share, so delete the message without clicking on any links and do not respond.

To stay on top of current frauds and be informed, go to [www.ftc.gov](http://www.ftc.gov) and sign up to receive free email updates from the Federal Trade Commission. Seniors are such easy targets for scammers and con artists, so learn how not to be a victim.



## Goodbye to a Dear Friend

We were saddened to learn that Marie Flinn passed away. Marie was a regular bingo player at SRC, and spoiled everyone with her delicious rice pudding and homemade strawberry pie, made with fresh-picked strawberries. She was always thinking of others and often provided rides to the SRC for friends who no longer were driving. She will be missed.

## Donations

Kate O’Klein donation to say thank you  
Barbara Vaughan  
The Blackbaud Giving Fund (Vizient) to be used as needed  
Beth Swanner donation for fun, food, and fellowship  
Johnnie and Rae Williams in memory of Marie Flinn  
Dodie (Dolores) Perry to be used as needed



### 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.

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Cinco de Mayo</b> <b>5</b>	<b>6</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.)	10:30 - 12:00 Read and Share (R Angie V)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm EASY LINE DANCE CLASS. <u>2:00 - 3:30 pm Regulars</u> 12:30 - 4:00 Mahjong	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	 <b>1:00 Game Day</b> <b>(PR Jo-Ann R.)</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<b>1:00 - 2:30 Find Your Flow Painting With Water</b> <b>Registration required.</b> <b>Call 757-385-0150</b> <b>(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 DANCE CLASS. <u>2:00 - 3:30 pm Regulars</u> 12:30 - 4:00 Mahjong	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) ----- <b>1:00 PM Mother's Day Tea</b> <b>(PR Somebody_)</b> <b>Desserts to Share.</b> 	
<b>Mother's Day</b> <b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	10:00 Crafters for Charity (PR Gaby M.)	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>9:00 - 1:00 PM Senior Showcase at the Princess Anne Rec. Center</b>	Line Dance Class (PR Rita T) 12:30 - 1:45 pm EASY LINE DANCE CLASS. <u>2:00 - 3:30 pm Regulars</u> 12:30 - 4:00 Mahjong	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) ----- 12:30 Cards (Card Group PR)	 <b>6:00 to 9:00 PM</b> <b>Game Night</b> <b>(PR Rita T.)</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<b>11:00 AM Joann Mancuso Lecture Mental Health in Seniors</b> <b>Potluck Lunch to follow</b> <b>(PR Nancy A)</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 Questions on Medicare-Medicaid 1:1 Benefits Counseling (PR Bonnie Dozier or Eileen Churchill)</b>	<b>NO LINE CLASS</b>	10:45 am Writing & Conversations (PR Sarah B. & Jan D.) 12:30 Cards (Card Group PR)	
<b>28</b>	<b>Memorial Day</b> <b>29</b>	<b>30</b>	<b>31</b>			
	<b>Start time 11:00 AM Memorial Day Celebration at the Military Aviation Museum, 1341 Princess Anne RD, VA Beach, 23457</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 - 2:30 Bonkers for Bunko (PR Angie V.)			