

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – OCTOBER 2021

IN OUR FOURTEENTH YEAR

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

There will be no Covid-19 Vaccine Clinic in Oct or Flu Shot Clinic this Fall at SRC

We Are Celebrating Our 14th Anniversary



The Senior Resource Center had its grand opening on October 20, 2007. We weren't exactly sure what we were expected to do or be, but

here we are, in 2021, rolling right along. We have learned a lot during the journey, trying out new activities and searching for new ideas. We are delighted that we are still in operation and that we continue to thrive, despite Covid 19.

We are so appreciative that the City of Virginia Beach fully supports our program and provides the ideal space for us, and for beautifully renovating the building recently too. We are especially thankful to Terry Jenkins and Barbara Henley for having the foresight and know-how to get the SRC started. We are also eternally grateful to all our wonderful volunteers, past and present, who have made it possible for the center to be manned during the day from Monday- Friday, and at some special weekend and nighttime events.

We hope you agree that we are providing a home away from home for rural seniors, a safe place for us to gather, to socialize, to make new friends, to learn about important issues and to break bread together. After socially isolating during the pandemic, most of us are eager to get back out into the world, and it is heartwarming to see increasing attendance at

activities, since we reopened June 22. We worried about all of you during the endless 15 months we had to remain closed, so we are happy to now be able to see your smiling faces in person.

As we get back into the routine, we welcome your input regarding activities, groups, lecture topics, etc. If you have a talent you'd like to share as an activity leader or at a one-time lecture, we want to hear from you. We have discovered that our "members" have a wealth of experience and knowledge and we encourage you to share your talents and interests with us. Speaking of volunteers, we continually badger you to become a "desk duty" volunteer. We are in critical need of new volunteers who can donate just a half a day (3 ½ hours) to cover the center's phone and to greet guests. If each volunteer signed up for one specific shift a month, the burden would not fall on just a few who provide multiple days of help. If you want the SRC to stay alive, we need your help. Call us at 385-2175 or email us at vbsrc@info.com to leave your name and phone number so we can set up a quick and easy training. Won't you please step up to the plate?

SRC 14th Anniversary Cake and Ice Cream Celebration

Wednesday, Oct. 20 1:00 pm



We hope you will join us to help celebrate our success. No need to pot-luck it this time as we will provide the treats. We are very proud that we are thriving.

Medicare insurance Options Lecture and Lunch

Wednesday, Oct. 27 11:00 am



Bonnie Dozier, our esteemed insurance benefits counselor from Senior Services, will be our guest speaker. Learn about the various options for your Medicare coverage and about other local resources.

Bonnie has helped quite a few of our members via her 1:1 Counseling sessions, but this is your chance to learn from her and ask questions.

Please note that this is not a pot luck lunch- we will supply subs, chips and dessert.

Free Medicare Benefits Counseling

Having trouble figuring out what kind of Medicare coverage you want? Confused by prescription plans? Need help with a Medicare claim? Bonnie Dozier, the insurance guru from Senior Services of Southeast Virginia will be at SRC for 1:1 appointments on Wednesdays, October 6, 13, 20 and 27th from 1-4 pm Call the SRC at 385-2175 at 385-2175 to reserve a slot, as the sessions are by appointment only.

Back Bay Marsh Terraces Public Information Meeting Thursday, Oct. 14 6:00 - 7:30 pm Creeds Elementary School

This is your chance to learn more about this fascinating project, a partnership of the City of Virginia Beach and the U.S. Fish and Wildlife Service. It will design, permit and build new marsh terraces in Back Bay National Wildlife Refuge that will restore valuable habitat, improve water quality and help contribute to flood reduction.

Shutterbugs Group Resumes Monday, Oct.18 1:30 pm

Sharon Prescott, SRC Vice President, will once again lead this monthly group to help you become a better photographer. Her sessions are free, fun, and informal. Bring your camera or cell phone with you and learn how to improve your picture taking skills.

Tech Help Needed

We have quite a few members who need help in learning how to use their cell phones and laptops more efficiently. They would prefer 1:1 help, since each may have different brand devices. If you or someone you know could volunteer to set up sessions at the Senior Resource Center (could be on a Saturday if necessary) we would be so appreciative. We are wondering if some scout troop or students who need to perform community service hours would be interested in pitching in. Call SRC at 385-2175 or email us at info@vbsrc.com. Please lend a hand to those of us who aren't as tech-literate as we'd like!

Voter Registration

If you intend to vote on Tuesday, November 2, you need to be registered to vote by Oct. 11. The upcoming election will decide both State and local positions: State of Virginia Governor, Lt. Governor, Attorney General, House of Delegates. Local positions; Commissioner of Revenue, Commonwealth Attorney, Sheriff, Treasurer. You can vote early in person at the Registrar's office, Building 14 at the Municipal Center, and you can request an absentee ballot application by going online at vbgov.com. or by calling 385-8683. Don't miss the chance to participate in our free elections.

Oak Grove Baptist Harvest and Craft Fair

Saturday, Oct. 23 9:00 am – 4:00 pm

Free admission and parking. Craft show with 60 vendors and a wide variety of homemade items, food trucks and kids' activities. Wear your Halloween costume. In the event of rain, the craft show will be on the same day and times but will be moved to The Ruritan Barn, 1057 Princess Anne Road, Virginia Beach, VA 23457



Charity UMC Fall Bazaar and Children's Festival

Saturday, Oct. 9 10:00 am – 2:00 pm

Handmade crafts, jewelry, holiday items— Lunch available at the Picnic Pavilion 11 a.m.-2p.m. \$10.00 Takeout available – Choice of Brunswick stew, Chili, or Chicken soup with ham roll and dessert. Free Children's Festival offering pony rides, games, fairy hair, hayrides, cake walk and crafts with free hot dogs for the kids

Resource for Cancer Patients and their Caregivers

If you are a cancer patient or are caring for someone with cancer, Cancer Cares is a wonderful, free resource. It is a non-profit that offers counseling and support groups, guidance, financial assistance, resources and education. Go online to www.cancercare.org or call 1-800-813-4673.

Planning for Aging in Place

Many of us want to remain in our homes as we age, but most of our homes are not set up to help us age safely and easily. If your goal is to “age in place”, some advance preparation could help make that possible.

- **Accessibility:** Assess what you need to install or renovate to make your home more accessible. Walk-in showers, chair lifts, ramps elevators, grab bars, door levers instead of standard knobs, better lighting, etc. are improvements you may want to consider. If a wheelchair is needed, you may need to get rid of carpet and install hard flooring. Widening doorways to allow easy access for a walker or wheelchair is another possible consideration but certainly a more costly one.
- **Budgeting:** Ideally, your mortgage has been paid off and you have equity in your home. You could consider a reverse mortgage or a home equity line of credit to use for home improvements. You may even consider downsizing by selling your home that is too large and possibly 2-story and buying a smaller 1 story home.
- **In-Home Care** If you or your spouse will need outside help with personal care or housekeeping, you will want to assess what kind of help is needed, if there are providers who cover your area of residence, how much such helps costs and how you will pay for it (much of it is out-of-pocket.)
- **Support Systems** Will any of your relatives live nearby? Do you have neighbors who are available to help? Do you have local church ties that can offer support and hands-on help? Do you have friends who can provide a ride if you can't drive?

Aging is inevitable, but we can all try to achieve the best outcome by trying to plan ahead and by assessing our future needs and resources. Adapted from Liz Wallace at Nerd/Wallet.

Food for Thought

Hate has 4 letters, so does love. Enemies has 7 letters, so does friends. Lying has 5 letters, so does truth. Negative has 8, so does positive. Under has 5, so does above. Cry has 3 letters, so does joy. Anger has 5 letters, so does happy. Wrong has 5 letters, so does right. Hurt has 4 letters, so does heal. It means life is a double-edged sword...so transform every negative thought into a positive one. We should try to choose the better side of life.

At some point I realized that I wasn't organizing my life: I was organizing my clutter. That's when I changed strategies: I went from world-class organizer to world-class de-clutterer. Instead of arranging and containing things, I got rid of things. Instead of shuffling them around inside my house, I escorted them out of my house from Francine Joy

Farmers Market Friday Night Hoedowns

This is the final month for this free series of live bands, so be sure to take advantage of these fun concerts. Dance or just listen, and bring a chair or blanket for your comfort. Rain or shine from 7-9 p.m.

October 1	Dallas Band
October 8	Nashville Tradition
October 15	East Coast Band
October 22	Timeline
October 29	Dallas Band

Chuckles

May you never forget what is worth remembering, nor ever remember what is worth forgetting.

I did a push up today! Well, actually I fell down. But I had to use my arms to get back up so...I guess that counts.

At our age, we have seen it all, we have heard it all, we have done it all. We just can't remember it all!

It takes 73 muscles to frown and only 14 to smile. It's no wonder that grump people are always tired!

I bought myself a senior GPS. Not only does it tell me how to get to my destination, it also tells me why I wanted to go there!

My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it!"

People who wonder if the glass is half full or half empty miss the point. The glass is refillable.

Food Pantry at Charity United Methodist Church

This is one of the local community resources that the Senior Resource Center supports. This food pantry serves all of our rural area and is open every Tuesday from 10a.m. - 12 noon. We'd like to encourage you to bring non-perishable food items when you attend the SRC. Even during pre-Covid 19 times, the quantity of items we collected had dwindled a lot. Since we reopened in June, we haven't gotten back in the habit. So, won't you try to pick up an item or two each time you grocery shop so you can help fill our donation bin?

Items most wanted are:

Spaghetti noodles and tomato sauce
 tuna fish
 canned ham, Spam
 Salmon
 Ramen noodles
 Complete pancake mix and maple syrup
 Peanut butter and jam
 Applesauce
 Canned ravioli, Spaghetios, etc.
 Mac and Cheese
 Oatmeal
 Fruit juice
 Canned fruit and vegetables
 Beef stew



Virginia Beach residents can vote on weekdays, from 8 a.m. to 5 p.m., at the voter registration building at 2449 Princess Anne Road at the Municipal Center. The location will also be open on Sunday, Oct. 17, from 1 p.m. to 5 p.m. and Saturdays, Oct. 23 and Oct. 30, from 9 a.m. to 5 p.m.

An absentee ballot drop box, located at the rear of the voter registration building, is available 24 hours a day, seven days a week until 7 p.m. Nov. 2. The drop box is under round-the-clock surveillance.

Satellite locations open Oct. 18. They offer in-person voting on weekdays and on Saturdays, Oct. 23 and Oct. 30 from 9 a.m. to 5 p.m.:

- Bayside Recreation Center at 4500 First Court Road
- Great Neck Recreation Center at 2521 Shorehaven Drive
- Seatack Recreation Center at 141 S. Birdneck Road

- M. E. Oberndorf Central Library at 4100 Virginia Beach Blvd,
 Voters can drop off absentee ballots at the satellite locations during their open hours

New Board Member

We are very happy to announce that Susan Flanagan has joined our Board of Directors. We look forward to her participation.

Donations

June Klag in memory of Jennifer Brown Estes, Kenyon Hayman, Allan Brock, Sr., Warren Dixon, Amelia Sales, Brenda Beverly, William Frank Carter, Nell Malbon

Susan Myers and Wilson Craddock to be used as needed

Beth Swanner 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

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October 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD)	No Game Day for October only
3	4	5	6	7	8	9
	1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	10:30 - 12:00 Reading Group (PR Marcia H.)	8:30 Board Meeting No Line Dancing	9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 Writing (PR Jan D) 1:00 Cards (PR TBD)	
10	11	12	13	14	15	16
	1:00 PM Dominos (PR Linda A.) Columbus Day	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars 6:00 PM - 7:30 PM Public Meeting at Creeds Elementary School (for more info see below)	9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD)	 6:00 to 9:00 PM Game Night (PR Rita T.)
17	18	19	20	21	22	23
	1:00 PM Dominos (PR Linda A.) 1:30 PM Shutterbugs (PR Sharon P.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	S RC 14th Anniversary Cake and Ice Cream Social 1:00 PM 	Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars	9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 Writing (PR Jan D) 1:00 Cards (PR TBD)	
24	25	26	27	28	29	30
	1:00 PM Dominos (PR Linda A.)	9:30 Exercise (PR R. Joyner) 1:00 Bingo (PR Wanda S.) Cards (PR TBD)	12:00 to 1:00 PM Medicare Options Lecture (Lunch subs and chips to be provided) 1:00 to 4:00 PM Bonnie Dozier - 1:1 sessions to help our members with Medicare choices. 1:00 History Field Trip (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:30 pm Beginners 1:45 - 3:30 pm Regulars	9:30 - 10:30 AM Tai Chi (PR Gary D.) 10:45 am Conversations (PR Sarah B.) 1:00 Cards (PR TBD) 7:00 PM Food Memories 	
31						
Halloween 						

Notes: No Line Dancing on October 7th. Public Meeting at Creeds Elementary School, 920 Princess Anne RD, Virginia Beach VA, B23457, October 14th, 6:00 PM to 7:30 PM. Learn about Back Bay Marsh Terraces. What are marsh terraces? What benefits they will provide? City accomplishments so far? Next Steps? What will the project look like?