

Name Change

Our City of Virginia Beach representative has changed her name from Shari Wilson to Shari Williams. Her new email address is slwilliams@vbgov.com. She is at SRC most Fridays at 385-2175.

Donations

Garnet Riley in appreciation of the newsletter

June Klag in memory of Beth Chaves, Jon Jenkins, George Schauer, Dennis Malbone, Ronald Spence, Bettily Chapman, Dorothy Fix, Dr. Tony Thomas, Keith Leacraft, and Don McBride

Barbara Vaughan for materials for Ultimate Tic-Tac-Toe presentation for Rose Doucette, our 12 year old volunteer

Thanks go to Rose Doucette and Camryn Conger, our young volunteers, for their help this summer. We enjoyed their energy and friendliness

Prevent Pneumonia

Did you know about 1 million Americans go to the hospital with pneumonia every year? Pneumonia is a lung infection caused by pneumococcal disease, which can also cause blood infections and meningitis. The [pneumococcal shot](#) is the best way to help prevent certain types of pneumonia and other pneumococcal infections. Medicare Part B covers the initial shot, plus a second shot (a year after you've gotten the initial shot). Talk with your doctor to see if you need one or both shots. If you are wondering about other vaccines covered under Medicare, your doctor can help you figure out which shots are right for you.

Transportation to Medical Appointments

Senior Services of Southeastern Virginia provides van rides to medical appointments via their I-Ride program. They have wheel-chair accessible vehicles, but you have to be able to get out to the curb on your own. An aide can travel with you at no charge. You need to call at least 2 – 4 weeks in advance, so you won't be able to use this service for a last-minute doctor's visit. A \$4 donation is suggested. Call Mike at 963-9218 for more information or to reserve a ride.

Our Mission Statement

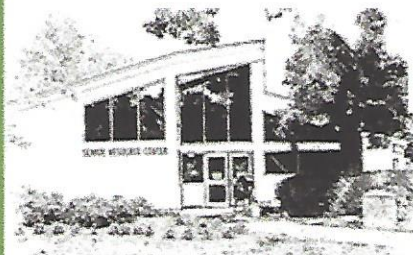
The Senior Resource Center aims to provide residents in Southern Virginia Beach educational seminars, physical activities and social interaction needed to live their lives to the fullest. This is a collaborative effort with the City of Virginia Beach.

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 Wilson
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

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.