

SENIOR RESOURCE CENTER, INC.

NEWSLETTER — JANUARY 2026

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



Parkinson's Disease Talk and Potluck Lunch

Monday, Jan. 26 11:00 am

Learn all about Parkinson's Disease and available free resources for those with Parkinson's as well as those who provide care for someone with Parkinson's. Our presenter, Dr. Howard Weinberg, was a local family physician with Sentara for 35 years. Now retired, he serves as an Ambassador with the Parkinson's Foundation as well as the Virginia Beach Health Services Advisory Board. He is passionate about educating people about Parkinson's and the Parkinson's Foundation. His interest in Parkinson's comes from 50 years of experience, and over 30 years with his mother and sister with Parkinson's. He also was care-partner to his wife for years and he has a Parkinson's diagnosis himself.

Please bring a dish to share for lunch and a non-perishable food item for the Food Pantry at Charity United Methodist Church. We support this local food pantry and hope you will regularly bring your food donations.

Read and Share

Wednesday Jan 7 10:30 am at SRC

Enjoy a casual chat about popular books. Talk about titles you like and hear what others enjoy. Swap favorites old and new or spread the word about your favorite reads. Registration is not required.

Adult Reading Challenge Soup-er Celebration

Saturday Jan 10 2:00 pm at SRC

Come celebrate your 2025 Adult Reading Challenge accomplishments with a Soup-er Celebration. Bring your prize mugs and a potluck soup or side dish to share while chatting about the books you read throughout the year. Registration is required, so stop by the center to sign up or call 757-385-0150. Everyone is invited.

New Monthly Game Night Plan

Game Night will continue the third Saturday monthly from 5-8p.m, but we hope to broaden the games we play. Everyone is invited to play Chicken Foot, Uno Attack, Sequence or any other game you would like to teach us to play. Playing a variety of games is in addition to the regulars who play Hand and Foot cards from 5-8p.m. No registration necessary- so just come on Jan. 17 and enjoy the fun and fellowship.



A Multitude of Thanks

All of us at the Senior Resource are so grateful for:

😊 **Marcia and Jerry Hart** for leading the Angel Tree Project in December that benefited Creeds Elementary students. What a gigantic pile of gifts we donated! We certainly brightened the holidays for many kids. Thanks Marcia and Jerry for the time and effort you provided.

😊 **Ena Dawson** Sweet Ena gave us all a wonderful gift, the annual Christmas Luncheon. For the third year she orchestrated a terrific time for a very large group of us, rounding up food and gift donations and hostessing with her usual enthusiasm and smiles. We don't know how she handled all the legwork required, as she is now a freshman at William and Mary and is one busy young woman. We are blessed that she adopted us. Thanks to her parents and grandparents for pitching in in the kitchen too. We had a record number of almost 70 people attend and we had a wonderful time.

😊 **Rebecca and Daryl Aldridge** Belated thanks to this amazing couple for hosting the annual Thanksgiving dinner. They prepared so much food and even sent home leftovers with the fortunate attendees. This traditional get-together has grown in popularity and has made the holiday joyful by providing not just good food, but good company.

Coupons and More Coupons

You will find a new basket on the oval table to your right as you enter the center in which you'll find store and restaurant coupons. Help yourself to any coupons you can use and bring in coupons you won't use to share with others. With the ever-increasing cost of groceries, etc., we can use any help we can get as we count our pennies. Thanks to Beverley Almond for providing this.

Ongoing Needs of the SRC

As most of you know, the SRC, a 501c3 non-profit, is totally run by volunteers and can continue to function thanks to donations. We are so fortunate that our members continue to make monetary donations to cover our expenses, but there are some items that we use regularly that you could donate. Some items we can always use are paper towels, plastic bags of varying sizes for leftover food, dinner size napkins, coffee (regular and decaf) and postage stamps (we mail get well and sympathy cards). Other items that we run out of frequently are individual treats for the volunteers who serve desk duty- things like cracker packs, mini cookie packs, nuts, granola bars and small candy. Thanks in advance for your help.

Caregiver Survey with Monetary Reward

Are you the caregiver of someone with Alzheimer's disease or do you know someone who is a caregiver? The Department of Psychology at Virginia Wesleyan University is conducting research aimed at identifying methods to learn about Alzheimer's disease, dementia and caregiving. They hope to discover how to best support people who are helping a relative or friend who is living with Alzheimer's or a related form of dementia.

To be eligible to participate in this study, you must be an unpaid caregiver of someone with dementia, read and speak English, be able to participate in the survey online or at the university, and be 50 years or older. The survey consists of five one-hour sessions that include brief, easy tests, plus participation in two helpful learning sessions (one hour each) about managing dementia symptoms and caregiver stress, and finally three brief follow-up surveys over the following two months to check to see how you are doing. If you complete the entire

survey (all five sections) you will be paid \$150. If you don't do the whole survey, you can still receive \$30 for each one-hour section that you complete. It is completed online, unless you are unable to use a computer, and then they will work with you to complete it elsewhere.

Even though caregivers are usually stressed by the demands made on them, and short of time and energy, they also can feel worthwhile by sharing their knowledge and experience in this survey and gain new information and education from the learning sessions. To find out more about this project email psychology@vnu.edu or call 757-455-3368.

Food for Thought as the New Year Begins

It's when the world is feeling cold that we need to be extra kind

To bridge the gaps that separate us and open up our hearts and minds.

For in this life, we all belong, each voice deserves to be heard,
Respecting one another's space and practicing positive words.

We can embrace our differences, and together we could blend
To make the world a safer place-all fractures we can mend.

In every heart, a light can shine, illuminating paths we share,
As we practice acceptance daily, we can move forward with love and care.

So don't let the darkness divide us, this is the time to make things right,
And by walking together through difficult days we begin to see the light.

E-Cycling Event at Virginia Aquarium

Saturday, Jan 10 9:00am-12 noon

Rain or shine, participants can recycle old cell phones, used vehicle batteries, personal electronic devices, unneeded prescriptions, plastic bags, cardboard, bubble wrap and more. Live Christmas trees can also be dropped off. This is a free, drive-thru event in the East Parking lot of the Virginia Aquarium, across from the main building at 717 General Booth Blvd., VB.

Creeds Elementary Earns Amazing Accolades

The SRC is a proud partner of Creeds Elementary School and its incredible principal, Casey Conger. We'd like to share the following information with our members in honor of the school's outstanding achievement:

"We are thrilled to share incredible news with our Creeds community! The Virginia Department of Education has officially released the School Performance and Support Framework scores, and due to the high quality of instruction and the unwavering care and support from our staff, families, and community, **Creeds Elementary has earned a Distinguished rating of 94.5**. This impressive score reflects our students' mastery of state standards, strong academic growth, and consistent attendance. It is a true testament to the hard work of our teachers, the determination of our students, and the partnership we share with our families.

Creeds is leading the way in Virginia Beach, and this success does not happen by accident. It is the result of intentionally knowing our families, challenging our students, and maintaining high expectations while providing equitable support for all learners. Every

member of our community plays a vital role in this achievement.

You can learn more about the performance score and its components at <https://www.doe.virginia.gov/state-board-data-funding/accreditation-accountability/school-performance-and-support-framework>

Please join me in celebrating this outstanding accomplishment. We are proud, we are grateful, and we are excited to continue building on this momentum together!

*One Team. One Dream. One Goal-Creeds!
Love,
Mrs. Conger”*

We applaud Casey, her staff and students for achieving this monumental ranking. We are so appreciative of Casey's unending energy and enthusiasm and welcome her input at our monthly SRC board meetings. An annual event in December, a treasured part of our partnership with the school, was the visit by the CES chorus, Voices of Expression, and their art class for their traditional Christmas visit, with students singing for us and decorating our tree with beautiful one-of-a-kind hand-made ornaments. The kids' smiles and spirits brightened our day, and we were so impressed with their very polite behavior. We truly enjoy having kids participate in events at our center. Another heart-warming activity by the CES kids was their hand-made thank you cards they drew that were given to local First Responders at our October Appreciation Luncheon. -Those sweet cards brought tears to more than a few First Responders.

Infectious Generosity

This is both the name of an interesting non-fiction book as well as a novel way to live your life. The author, Chris Anderson, is the head of TED, a unique company that provides a wealth of fascinating on-line lectures known as TED

Talks. The premise of the book is that all of us have powerful seeds of generosity inside us, and we all have the ability to spread kindness and caring. This generosity does not need to involve money, as we can share time, knowledge, attention skills and more. The author notes the stressful time in which we live, both locally and worldwide, and he believes the overuse of the Internet has increased that stress and tension.

A Note from Nancy: Hearing his comments on a recent NPR interview, I was reminded of all of us who are members of the Senior Resource Center. Many of us are sharing in that generosity by volunteering in various ways and by showing care and concern for others we have gotten to know. I imagine sharing our generosity has helped us not only feel warm hearts but also helped us feel better by helping others and doing what we can to brighten someone else's day. I hope, in this new year, that we will continue to use our time and talents to benefit others and to practice generosity, focusing on being givers, not just takers. Per the author, acts of generosity, no matter how small or life-changing, can impact the lives of others and kindness to others can have a remarkable ripple effect in making our world a more peaceful and loving place.

Save the Dates

Mark your calendars for:

Mon., Feb. 26, 11am
Lecture by local historian and author, Edna Hawkins-Hendrix about her newest book about the Seatack area of Virginia Beach



Sat., Feb. 14 10am-12noon Valentines Day Brunch RSVP

Sun., Mar. 8 2-3pm at Creeds Elementary
School Annual Irish Dance Performance

Free Phone for People with Hearing Loss

This is a totally free program that provides a special telephone that shows actual text of the phone conversation on a large screen-text that is large and easy to read. It functions like a regular phone but offers crucial visual aids and enhanced audio for those who struggle to hear over the telephone. It is supported by the Federal Trade Commission to help individuals communicate independently by making phone calls more accessible and is funded by a program that pays the entire cost for the qualified user. An internet connection is not always required, and this system can now be used on a mobile phone as well. There are numerous companies that provide these phones, a few of which are CaptionCall, Clear Captions and Innocaption. Just Google "caption phones" to find a provider.

A New Twist in Scams

It appears that romance scams are not the only ones to trap unsuspecting seniors. Most of us have heard the stories of those who thought they had found the perfect partner online or over the phone, only to find out they had been conned into "loaning" a large amount of money that they were never able to recover. According to AARP Fraud Watch in the AARP Bulletin Sept./Oct. 2025, the latest twist for these criminals is to convince a victim that they have similar interests, whether it be a hobby, an online game, a book club, etc. After becoming supposed good "friends," the invisible scammer has an emergency and needs to borrow money, and the victim too often complies with the request. How sad that an elderly person so easily loses their hard-earned savings. To avoid being that victim, be skeptical of what seems like a sudden closeness with a stranger, be aware if the other person wants to keep your "friendship" secret or won't have a video chat or a Facetime phone call and if the person asks

for money. Requests for money should be a red flag, especially if it involves the purchase of a gift card or crypto currency. If you have gotten involved in such a "relationship" and begin to feel that something feels off, consider confiding in a friend or relative to get their perspective. If you have questions or need to report a scam, call AARP Fraud Watch Help Network at 1-877-908-3360.

Donations

Teresa Honeycutt
 Darlene Colton
 Kenny and Catherine Davis
 Thomas Ackiss
 Johnnie Williams in memory of Nancy Newbill

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
 Sharon Prescott
 757 630-2660
Vice President
 Johnnie Williams
 757 470-7186
Treasurer
 Catherine Heidlebaugh
 757 619-2589

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
 757 426-7501
Newsletter
 Nancy Allan
 757 422-1292
 Anne Bright
 757 426-7832



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January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy New Year SRC Closed	2 10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	3  1:00 Game Day (PR Jo-Ann R.)
4	5	6	7	8	9	10
		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 & Share (PR Angie V.)	8:30 Board Meeting ~Line Dance (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~~12:30 - 4:00 Mah Jong (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	12:00 - 2:00 pm Adult Reading Challenge Soup-er Celebration Sign-Up Sheet @SRC Soup Pot Luck (PR Kathryn T.)
11	12	13	14	15	16	17
	6:00 - 8:00 pm Creeds Athletic Assoc. (PR Brittany Nosay)	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 (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~~12:30 - 4:00 Mah Jong (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	 5:00 to 8:00 PM Game Night (PR Rita T.)
18	19	20	21	22	23	24
	10:00-12:00 SRC Crafters for Charity 2026 projects (PR Gaby M) Martin Luther King Day SRC Closed	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.)		No Line Dance (PR R T) ~~12:30 - 4:00 Mah Jong (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	
25	26	27	28	29	30	31
	11:00 Parkinson's Disease Talk & Potluck Lunch (PR N Allan) 	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) 1:00 - 4:00 pm Medicare Benefits Counseling 1:1 (PR Eileen C)	~Line Dance (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~~12:30 - 4:00 Mah Jong (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	

Notes: Happy New Year.

School Winter Break ends January 02, 2026.