

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – NOVEMBER 2025

IN OUR EIGHTEENTH YEAR

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

Hooked on Butterflies and Moths

Lecture and Potluck Lunch

Monday, Nov. 3 11:00am

This presentation will discuss the Lepidopteran life cycle, some of the most common butterflies and moths seen in coastal NC/VA, and the plants needed to support their habitats. The presenters, Karen and Steve McCurdy, have been active members and volunteers of the Butterfly Society of Virginia since moving to Virginia Beach in 2003. They have served jointly on the BSV Board since 2009, currently as Co-Presidents. They have also served as docents at NBG's native butterfly house since 2010. They became Certified Virginia Master Naturalists in 2016 and have been active in the Tidewater Chapter since then. In 2023, they were invited by Dr. Chip Taylor, Director of Monarch Watch, to serve as Monarch Conservation Specialists. They have enjoyed raising butterflies and moths for over 30 years. Please bring a dish to share for lunch and a non-perishable food item for the Food Pantry.

Do You Know What to Do When? CPR Training

Wednesday, Nov. 5 1:00pm

If you find someone unresponsive, would you know what to do other than call 911? Join us for a fun and informative class on CPR and how to use an AED (Automated External Defibrillator.) SRC has an AED unit, and it is a good idea that more of us learn how to use it if a member experiences cardiac arrest. Learn what you should look for, what to tell first responders, and be ready to help in a medical emergency. Attend this free class to learn these basic lifesaving skills and help to protect your loved ones.

Senior Resource Center's 18th Anniversary Celebration and Fond Memories Concert

Sunday, Nov. 9 2:00pm

We have a lot to celebrate as we begin our 18th year of operation. Those of us who have been here since the very beginning marvel that we have lasted this long. Without the tireless help of our volunteers and activity leaders, we would not be here.

Join us for cake, ice cream and punch and listen to our favorite vocal group, Fond Memories. It will be a bittersweet concert, as "Frank Sings Frank" will be leaving this quintet at the end of this year. The concert is free, but we will pass the hat. For a change you won't have to bring anything, so join us for this very special occasion.



Thanksgiving Day Potluck Lunch

Thanksgiving Day Nov. 27 1:00pm

Once again, we are blessed that Rebecca and Daryl Aldridge will host this annual gathering and also provide the main entrée. Reservations are necessary and we ask that you also sign up for the specific item you will bring. Stop by or call the center at 757-385-2175 to register. Don't sit home by yourself on this special holiday when you can enjoy the fellowship at the Senior Resource Center.

Read and Share

Wednesday, Nov. 5 10:30am
Senior Resource Center.

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

Charcuterie 101

Friday, Nov. 7 11:00am
Pungo Blackwater Library

Meat, cheese, and fruits, oh my! Learn the secrets to making crowd-pleasing charcuterie boards. Adults. Registration is required by calling 757-385-0150.

Wine Cork Pumpkins

Wednesday, Nov. 19 4:00pm
Pungo Blackwater Library

Add a homemade touch to your fall décor by turning recycled wine corks into an adorable fall pumpkin. Perfect for adding a cozy, fall vibe to your home or dining table centerpiece Adults. Registration is required. Call 757-385-0150.

Walk and Talk

Wednesday, Nov. 19 10:00am
Munden Point Park

LAST WALK AND TALK OF THE SEASON!

Engage your body and your mind! Join us for a monthly walk around beautiful Munden Point Park while enjoying a casual chat about popular books. Talk about titles you like and hear what others enjoy. The walk will last 30-45 minutes. Wear comfortable shoes and remember your water. Adults. Registration is required.

Annual Toy Drive Virginia Beach Department of Human Services

Virginia Beach Public Library is asking for donations of new, unwrapped toys for the annual Toy Drive this upcoming holiday season. Toys will be distributed to children ages 5 and under. Donations can be dropped off at the Pungo-Blackwater Library from Nov 5th– Dec 10th.

Connect With a Wish Coat Drive

We support this annual project that benefits area foster kids. They need new winter jackets, from infant to adult sizes (up to 3X) for boys and girls. New items are preferred but gently used are acceptable. Also needed are gloves, mittens and hats. It's too bad that gloves and hats are now \$1.50 at Dollar Tree! The deadline for delivering your donations to SRC is Nov. 10.

Benefits Counseling

Wednesday, Nov.12 9:00am-4:00pm

All appointments for this date have been filled. We will confirm those appointments the day prior so you can check by calling 757-385-2175 to see if there are any cancellations.

Daylight Saving Time Ends Nov 2

It's that time of the year again. On Sunday, Nov. 2 at 2 am Daylight Saving Time will end, so you need to remember to set your clock back one hour when you go to bed on Sat. night. Now we'll feel like putting on our jammies at 6pm because it will already be getting dark.

Some of us have trouble adjusting to these changes twice a year, so good luck.

You'll be seeing Angels soon

Angels will appear at SRC again for the Christmas season. Get ready to have that warm fuzzy feeling you get by contributing to Christmas joy! Angel Tree 2025 is an activity that is easy, fun and rewarding. Just pick an angel (or 2) from the tree and shop for an item of clothing or gift card to put a smile on a child's face. (Target and Walmart have the cutest and very well stocked children's clothing areas) Many of you have participated in past years and you have our most heartfelt thank you. Together we can make a brighter Christmas for eligible Creeds Elementary students. Angel Tree tags will be available near the end of November and the return date for purchased gifts will probably be around Dec. 15. When you stop by to pick your angel tags, please be sure to put your name and the tag information on the nearby clipboard and check off your name when you return the unwrapped gift. Attach your tag and receipts securely to the outside of your bag/box

Thanksgiving Food for Thought

Let us all be grateful that we have a roof over our heads, a bed to sleep in, clean clothes to wear, food to eat, clean running water and electricity. We take so much for granted when so many people, including too many children, are unable to enjoy any of these. Let us remember how very fortunate we are and be thankful.

New Years Eve Party Host/Hostess Needed

Is there someone who is willing and able to be the host/hostess for our annual New Years Eve

gathering on Wed., Dec. 31? It is held in the afternoon so everyone can get home before dark, and it's a potluck with treats and/or desserts. Call the center to let us know if you can help keep this traditional event going. Hosting does not require any planning or legwork, just being there to open and close the center.

Covid Shots

With all the confusion regarding this season's covid shots, we suggest you check with your primary doctor or pharmacist to see if you need to obtain a doctor's prescription. It's too bad this has gotten so complicated and ever-changing

Save the Dates:

- **Wed., Dec. 10 2:30pm** Annual concert by the Creeds Elementary School Chorus and tree decorating by the art students at SRC
- **Sat., Dec. 20 12noon-2pm** Annual Holiday Luncheon

4 Reasons to Update Your Will

by Aley Huntsberry-Lett at www.agingcare.com

1. Relationships change

Family dynamics and romantic relationships can change considerably over the years. Perhaps your once-favorite niece rarely contacts you anymore, or you rekindled a close friendship with a college buddy in recent years. A second marriage may have brought wonderful new people into your life. Maybe one of your beneficiaries has passed away. Grandchildren and great-grandchildren may have been born who aren't listed in your will. If a child or other family member has reached the age of majority (18 in most states), you may wish to consider revising certain bequests or naming them as executors.

Although double-checking your estate planning documents probably isn't at the forefront of your mind in these scenarios, it is recommended that you review your will following significant changes in your family and personal life.

2. Assets change

If your estate has experienced a substantial increase or decrease in value, it's important to take a careful look at your estate plan. Are there tax consequences associated with your existing will? Do you want a charity to benefit from your newly acquired wealth? Maybe you bought or sold a major asset, such as a home, or you started a new business. Perhaps you have acquired a new, sentimentally valuable belonging that you know a certain loved one will cherish. Even if the changes to your estate are small, you may wish to change how your assets are dispersed.

3. Locations change

If you have moved out of the state where you drafted your will, you should consult an attorney in your new location to determine whether it is still valid. In addition to ensuring your will's validity, it's crucial to understand how the new state handles probate, property, and estate and inheritance taxes.

4. Tax laws change

State and federal tax laws are constantly changing, and you want to be aware of how they may affect you and your beneficiaries. For most people, a will—the cornerstone of estate planning—is sufficient. But, as wealth, assets and circumstances change, more extensive legal and financial strategies may be necessary for efficient tax planning. Do your best to stay informed and consult with an accountant and an attorney who specializes in estate planning.

How Often Should You Review Your Will?

A good rule of thumb is to review important legal documents every three to five years. A will review is also recommended in the following scenarios:

- Upon the birth or adoption of a child, grandchild or other family member
- Following a marriage or divorce
- When someone named in your will passes away
- When children, grandchildren or other heirs reach adulthood
- Upon changes in your executor, guardian, and/or trustee's circumstances
- When the value of your estate significantly increases or decreases
- Upon starting a business
- Following changes in tax laws
- When you are approaching age 70^{1/2} (when you are required to begin taking distributions from your IRA, 401(k) or other qualified plan.)
- Following a move to a different state
- Following diagnosis of a chronic or terminal illness

If questions arise or revisions are needed, then it's time to make an appointment with your attorney. They will recommend either drafting a signed and witnessed codicil that is added to the original document or officially revoking previous versions of your will and drafting a new signed and witnessed will. If your will is valid and still represents how you'd like your estate to be handled, enjoy the added peace of mind that comes with confirming your affairs are in order.

New Medicare GUIDE Program

Did you know that on July 1 Medicare rolled out a brand-new program that will benefit families dealing with dementia? GUIDE stands for Guiding an Improved Dementia Experience and is available for those who have Medicare A and B. It is an 8-year pilot program and is available to those still in their own home, as well as those

in independent or assisted-living communities. If you have a Medicare Advantage Plan, are in hospice care or reside in a long-term nursing facility, you are not eligible. The patient must have a doctor's diagnosis of dementia. This new program offers help at no cost to relieve the emotional and financial toll of dementia care. It offers 24/7 nursing support, personalized care planning and up to 72 hours of respite care annually and can offer the caregiver training and guidance.

This new program aims to improve the quality of life for those with dementia and empower caregivers with support and resources. A participating family is paired with a care navigator who can help assess the patient's needs and help to find services including support groups, respite care and transportation. A clinical care team that may include a nurse practitioner and licensed social worker can provide additional support. GUIDE also has contracted with PocketRN, a virtual nursing company, to provide 24/7 virtual access to a team of dementia-trained nurses who can answer questions, review medications, coordinate with existing doctors and medical equipment providers and provide support, education and coaching. These benefits may vary, depending on the home care company providing the care. Online search "Medicare GUIDE Model" for detailed information.

SRC Crafters for Charity

Talk about busy bees! The very talented ladies who participate in this very successful group at the center have produced an unbelievable number of handmade items for local charities. Recently 65 blankets for shelter animals, 33 adult winter hats, 30+kids' hats, 8 blanket throws, and 60 hot pads and potholders were delivered to several local non-profits. They also made a slew of ditty bags and filled them with an array of school supplies for foster kids.

If you sew, knit or crochet you should consider attending one of this group's monthly meetings on the third Monday at 10am at SRC. You can get instructions and lots of free wool and you will also make new friends. You can then make items at home and just drop them at the center.

We are grateful to Gaby Morrison for creating and leading this group, and also for delivering all their finished items.

Donations

Teresa Honeycutt

Johnnie Williams in memory of Becky Cullipher

Frances Etheridge in memory of Becky Cullipher

Johnnie H. Williams

Timothy and Nancy Williams

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



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.

Revised Calendar 11-4-2025			November 2025			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						 1:00 Game Day (PR Jo-Ann R.)
2	3	4	5	6	7	8
	11:00-1:00 pm Hooked on Butterflies & Moths Butterfly Society of VA Bring Pot Luck to Share (PR Gaby M.)	9:30 Exercise Class (PR R. Joyner) ~10:45 -12:30 Euchre (PR Marcia H.) ~12:30 Cards (Card Group PR) ~1:00 Bingo (PR Jim S.)	1030-12:00 Read & Share (PR Angie V.) ~1:00 pm CPR Techniques Informative, No certification (PR Sharon)	Board Meeting 8:00 am ~Line Dance (PR R T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ~12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR) 11:00-Charcuterie 101 PL Reg. Req. (PR Angie V.)	
9	10	11	12	13	14	15
	6:00 - 8:00 pm Creeds Athletic Assoc. (PR Brittany Nosay)	Veteran's Day SRC Closed Federal Holiday	1:00 History (PR B. Henley) ~9:00-4:00pm Medicare Benefits Counselling 1:1 (PR Eileen C)	Line Dance (PR R T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ~12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	Game Night Cancelled For November 15, 2025 (PR R T.)
16	17	18	19	20	21	22
2:00-4:00 pm Fond Memories SRC 18th Year Celebration Cake & Ice Cream (PR Sharon P)	10:00-12:00 SRC Crafters for Charity Hats & Warm Gear & Ideas (PR Gaby M)	9:30 Exercise Class (PR R. Joyner) ~10:45 -12:30 Euchre (PR Marcia H.) ~12:30 Cards (Card Group PR) ~1:00 Bingo (PR Jim S.)	10:00 am Walk & Talk 30-45 min Walk, Reg. Req. Meet @ Munden Pt Park	Line Dance (PR R T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ~12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR) ~3:00 WineCork Pumpkins PL, Reg. Req. (PR Angie V)	
23	24	25	26	27	28	29
30		9:30 Exercise Class (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 pm SRC Thanksgiving Feast Annual Pot Luck Reg. Req. & Side Dish to Share. (PR Rebecca A)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	
Notes: Happy Thanksgiving, VB Public Library Toy Drive 2025, New unwrapped Toys can be dropped off that the Pungo-Blackwater Library from Nov. 5th thru Dec. 10th 2025.						