

Advance Directives Lecture Dessert Potluck

Wednesday, April 16 1:00 pm

How we live the final chapter of our lives and how we die are among the most deeply personal considerations of our lives. When asked, most people say they would like to die peacefully, at home surrounded by their loved ones, with their pain and discomfort managed. They would also like their spiritual needs met and to avoid financial or emotional burdens for their families. The reality is often quite different. The one thing you can do to ensure the end of your life is peaceful and in line with your values is to complete a detailed Advance Directive. An Advance Directive is a written document that tells your health care providers who should speak for you and what medical decisions they should make if you become unable to speak for yourself. This information is important if you become unconscious or otherwise too sick or confused to make your wishes known

Join us to hear Judy Welp, volunteer with non-profit Compassion and Choice, explain what advance directives are, what should be included and what to do with your documents once they are completed. Even if you have already completed this important document, this lecture could be helpful to you in assuring your document is thorough enough and your wishes clearly made known.

It is timely that we are having this lecture/workshop on April 16, as that is National Advance Directives Awareness Day, an annual day that focuses on educating consumers and medical providers about advanced care planning. It also emphasizes the need to not only execute an Advance Directive document, but to talk to your loved ones about your healthcare wishes. That conversation is a must,

so that your family fully understands what your wishes are.

State and federal laws give you the right to make many health care decisions in advance so that your wishes can be honored in the event you can't express them. It is your right, as a competent adult (a person over the age of 18), to decide whether to accept, reject or discontinue medical treatment for yourself. This includes decisions about life-sustaining treatments, such as breathing machines and feeding tubes.

Documents such as the advance directive can help ensure that your loved ones and your health care team honor your wishes. Even though these situations can be uncomfortable to think about, planning in advance offers you and your family members peace of mind and helps eliminate confusion in a difficult time. An Advance Directive is also called a living will. Advance care planning includes not only completing an advance directive but also completing a Medical or Healthcare Power of Attorney. A free legal version of this document can be found on the State of Virginia site and at www.vsb.org. (Virginia State Bar.)

Bring a dish to share for dessert and a non-perishable food item for the Food Pantry.

Black Out Poetry

Friday, April 25 3:00-4:00 pm
Pungo-Blackwater Library

Celebrate National Poetry Month by turning the page of an old book into your own poetic statement. Pens, markers and old magazines help to provide visuals to your unique vision. All materials provided. Adults. Registration is required. Call 757-385-0150.

Annual Volunteer Appreciation Luncheon Monday, April 28 11:30 am

This special luncheon is only for SRC volunteers who have been active in the past year, including phone duty volunteers, leaders of activities, members of the Board and the newsletter committee, and anyone else who donates their time and talent. For once, you don't need to bring a potluck dish, as the meal will be provided. We wish we could provide a wonderful thank you gift as well, but since we are a self-funded non-profit organization, our budget won't allow any frills.

We'll need your R.S.V.P. no later than April 24, so please call the center at 757-385-2175 to reserve your space. Please R.S.V.P. whether you will attend or not, to save us having to call you.

Volunteers are Priceless

The Senior Resource Center would not exist without its dedicated volunteers. Having had no Department of Human Services representative making weekly visits to SRC for many years now, we rely totally on our dedicated and caring volunteers. Currently we have fewer than 20 active "desk duty" volunteers, those who answer the phone and greet visitors during half day shifts of 3 1/2 hours. Since we are open 20 or so days a month, that means that many volunteers must cover more than one shift. It also means that we have had uncovered shifts, so the center is effectively closed. So, to those of you who do not volunteer, try to say thank you to those who have stepped up to the plate, and show your appreciation to all that they do. How fortunate we are to have volunteers who, for many years, have led classes for free, sharing their time and talent so that you can

exercise, play bingo, line dance, etc. at no charge. Talk about a good deal!

Why Do We Volunteer?

- Volunteering makes us feel great. Giving back to our community and helping others makes us feel empowered and fulfilled. We feel happier, more self-confident, and have a more positive outlook.
- We receive benefits. We learn new skills, enjoy increased social interaction, boost our self-esteem and feel more useful.
- Gets our minds off our aches, pains and woes.
- It gives us reason to get up and get dressed.
- It makes us feel worthwhile and valued.
- It gives a sense of purpose.
- Prevents feelings of isolation and loneliness.
- Provides a way to make new friends.

What is an Advance Directive?

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SRC Spring Cleaning Event

Saturday, April 26 9:00 am-12noon

After 17+ years of being in our building, we need to do some deep cleaning. While the city provides some cleaning services, there are things that need to be done that exceed what they are responsible for doing. So, we are scheduling April 26th as Spring Cleaning Day. This is an equal opportunity event- not just for the ladies! Types of things that need to be done are:

- Scrub down of all folding tables- tops, sides, legs (it's amazing how messy we can be.
- Scrub down of chairs
- Clean out kitchen cabinets- remove everything, wash out interior of cabinets and replace items. Check items to see if they are in good repair- or if some need to be discarded.
- Clean out pantry- remove items from shelves, clean shelves, put things back.
- Remove cobwebs throughout.
- Clean front doors and windows, corners and under tables/desk.

Small meeting room- wipe down surfaces, vacuum behind chair storage, etc.

By now you have got the idea. Everyone enjoys a clean environment. This is our space, and we need to make sure it is ready to be enjoyed. With many hands we can accomplish a lot in a short time. So, bring your work gloves, buckets, brushes, cleaning rags and products and get ready to burn some calories as we make our center shine again. Please bring your own lunch. Drinks will be provided. **Please sign up on the sheet by the pig.**

SRC History Group Project

The Senior Resource Center's History Research Group is working on a project describing life in Princess Anne County from about 1900 to around 1960. We are investigating topics including schools, transportation, farming, stores, churches, roads and any other topics of interest. Your memories are very much a part of our telling the stories of our very special community.

If you have pictures, news clippings, documents, or other memorabilia to share, please consider joining us at the SRC on the 2nd or 4th Wednesday afternoon from 1 until 3 p.m. Please contact Barbara Henley, at 757-426-7501 to let us know how you can assist us.

Thank You to Our Generous Members

In the March newsletter, we asked members to consider donating to help with needs to replace some items at the SRC and to cover our ongoing expenses. Many of you responded with generous donations that will be used to help us keep operating and to meet our members' needs.

Three additional square card tables have been ordered for the front room and should soon be in place. There are always items we need for the kitchen to support our potluck meals- like disposable plates, bowls, utensils, napkins, cups, etc. These are small items, but the costs over a year add up. Other items we use on a regular basis are coffee, sugar, tea, creamer, postage stamps (to mail greeting cards), Post-It notes, individually wrapped cracker packs, granola bars and paper towels. We welcome your donations of any of these items.

There is software cost to email our newsletters and for our snail mail newsletters we pay for envelopes, mailing labels and bulk postage. Other expenses include our liability insurance (required by the City) and State Corporation fees, etc.

Your donations help cover all these expenses. Thank you to all of you who have already donated and to those who will be giving. Your ongoing generosity keeps us running.

Creeds Elementary 85th Anniversary Celebration

On June 6th, 2025, Creeds Elementary will be hosting our 85th Anniversary from 6-8 pm. This will be a family reunion-style celebration to honor the rich history of our school community. There will be many fun activities planned to include student art and poetry exhibits, presentations from city and school leaders, food trucks and so much more. We are very excited to also have tables in the gym to display many Creeds historical artifacts from over the years. We are looking for volunteers to help at these tables to ensure the artifacts are secure, while also sharing experiences with guests about their time here at Creeds over the years. If you are interested in volunteering or being a part of the celebration, please email Casey Conger, Principal at

casey.conger@vbschools.com or feel free to call the school at 757-648-2400. More information will be forthcoming over the next few months. Even if you are not able to volunteer, we are hoping to see everyone here on June 6th!

If you attended Creeds Elementary school and have saved any school items, like yearbooks, newspaper articles, report cards, lesson books, etc., the school would love to borrow them for this event. You can deliver your items to either Creeds Elementary or the Senior Resource Center. Be sure to include your name with your items so they can be safely returned to you.

New SRC Treasurer

After many years of being our SRC Treasurer, which required maintaining our financial records and preparing the required reports, Patricia Jenkins has retired from this position. We thank her for her time, skill and talent in maintaining these important records for us and wish her well. Maybe she can just come and enjoy the activities now.

Our new treasurer is Catherine Heidlebaugh. Thank you, Catherine, for volunteering to cover this important position. Catherine is a current member of our board and also does weekly "desk duty."

Public Library Strategic Plan Survey:

Following the Strategic Plan Listening Sessions held by the public library, VBPL will publish a Strategic Plan Survey in order to gather additional community feedback. This survey will be available digitally on the library's website with additional paper copies available for pick up at the library.

April is Driving Distracted Awareness Month

This National Safety Council initiative focuses on the need to avoid using your cellphone while driving. Distracted driving has become a deadly epidemic on our roads. The three types of distracted driving are manual, visual and cognitive, and all three increase crash risk. During visual distraction, drivers' eyes are off the road, such as reading a billboard or the dashboard. Manual distraction occurs when then a driver's hand is off the wheel, while eating or handling an object. Cognitive distraction poses the biggest risk because the driver's mind is off driving. When a driver's brain is overloaded by more than one task, such as talking on the phone while driving, the driver makes the phone conversation the main task, and driving becomes the secondary task. As a result, driving is severely impaired.

Cell phone use is the most common distraction while driving. Other distractions include adjusting the radio or GPS, applying makeup, eating and drinking. It's not only younger folks who are guilty of using cell phones when driving- many of us have probably done so too.

Safety Tips for a Safe Ride:

- Pull over and park to send a text
- Avoid scrolling through your apps while driving
- Put the phone out of reach while driving

We should all know that as of January 1, 2021, the State of Virginia made it illegal to hold a cell phone or any other wireless communication device while driving. The only exceptions are when the driver is involved in an emergency or has safely parked. A conviction for holding a cell phone while driving carries \$125 for the first offense and \$250 for subsequent offenses.

Live Transcribe

Are you hard of hearing and have a cell phone? One of our members showed us how she uses her phone to be able to better understand what someone is saying to her. You can go on your cell phone, go to the "applications" setting, and click on "Live Transcribe" to open the app. Once on the app. you can then hold your phone near the person to whom you are speaking, and the words that are spoken will be printed on your phone's screen for you to read. How neat is that?

Donations

Mary Brewer in memory of R. Brewer and D.A. Martin

Sharon Prescott to be used as needed

Charles Small to be used as needed

Louis Cullipher in memory of Jim Bright, Melvin Strawhand, and Lionel Hancock


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

<p>President Sharon Prescott 757 630-2660</p> <p>Vice President Johnnie Williams 757 470-7186</p> <p>Treasurer Catherine Heidlebaugh 757 619-2589</p>	<p>Hours of Operation Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p> <p>Councilwoman Barbara Henley 757 426-7501</p> <p>Newsletter Nancy Allan 757 422-1292 Anne Bright 757 426-7832</p>
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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.

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		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 am Board Meeting **Line Dance Class (PR Rita 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 Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke **12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
6	7	8	9	10	11	12
	2:30 pm "Game On" at PBL, Reg Req. (757) 385-0150 (PR Angie V)	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 2:00 - 3:30 pm Regulars **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke **12:30 Cards (Card Group PR)	
13	14	15	16	17	18	19
Schools are on Spring Break starting April 14th	***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.)	10:00 am Walk & Talk 30-45 min Walk, Reg, Req, Meet @Munden Pt Park (PR Kathryn T) **1:00 Advance Directives & Dessert Potluck (PR Nancy Allan)	Line Dance Class (PR Rita 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 Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke **12:30 Cards (Card Group PR)	 5:00 to 8:00 PM Game Night (PR Rita T.)
20	21	22	23	24	25	26
	10:00-12:00 SRC 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.)	1:00 History (PR B. Henley) 1:00 - 4:00 pm Medicare Benefits Counseling 1:1 (PR Eileen C)	No Line Dancing (PR Rita T) **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Writing: Jan Donovan Conversations: Rita Jones **12:30 Cards (Card Group PR) ***3:00 Blackout Poetry, PBL	SRC InDoors "Spring Clean-Up" 9:00 am - 12:00 "Please sign up" (PR Sharon P.)
27	28	29	30			
	11:30 am Volunteer Appreciation Luncheon, Sign Up or RSVP by 4/24 (PR Nancy 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.)				