

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – AUGUST 2025

IN OUR SEVENTEENTH YEAR

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

History Comes Alive Book Club

Monday, Aug. 4 1:00pm-2:30pm

History comes alive in August as we discuss "Good Night, Irene" by Luis Alberto Urrea. In this novel, Urrea pays moving tribute to his mother and her club mobile comrades whose wartime service was largely forgotten because, even though they sometimes served under fire, they also served donuts and refreshments. Learn about the history of the Red Cross during WWI and WWII and about Donut Dollies, the popular term for Red Cross women who volunteered to work overseas in mobile service clubs called club mobiles. To complement the book, we will have coffee and donuts. Book club books in regular print and large print are available for check-out at the Central Library. Call 757-385-0150 to register for this lecture and if you would like to pick up your copy at another location.

AARP Annual Joint Potluck Luncheon

Monday, Aug. 11 11:30am

We will host the Princess Anne Chapter of AARP at this yearly event at the SRC. We look forward to this gathering every August and enjoy seeing our old friends. This year we ask everyone attending to bring either a main or side dish, or dessert to share. If you aren't in the know about this nearby AARP chapter, this is your opportunity to learn more about it. In case you might be interested in attending AARP meetings, the Princess Anne Chapter #5119, meets the 2nd Tuesday at 1p.m. at the Princess Anne Rec Center, except during summer months. Non-perishable food items are always needed for the area food pantry, so bring one or two items to donate.

The Oregon Trail

Wednesday, Aug 13 4:00-5:00pm
Pungo-Blackwater Library

Grab your friends and take a journey on the Oregon Trail at Pungo-Blackwater Library. In this event, based on the original 8-bit computer game, you'll have to cross wild rivers, find food and evade illness as you compete with other teams to see if you can make it all the way to Oregon. For adults and registration is required so call 757-385-0150

Lunch with a Pulse Lecture, Vascular Testing and Free Lunch

Monday, Aug. 25 11:00am

This unique free vascular screening and lecture will be presented by National Vascular Associates. Join us for a heart-smart conversation over lunch—where good food meets good circulation! **"Lunch with a Pulse"** is more than just a meal; it's an uplifting health talk designed to help you stay active, independent, and informed. We'll explore:

- Why leg pain, cold feet, or wounds that won't heal might signal poor circulation
- How conditions like diabetes, high blood pressure, and high cholesterol affect your vascular health
- What simple steps you can take now to protect your heart, brain, and limbs
- How a **quick, non-invasive circulation screening** can help detect problems early

This interactive session is designed to empower, not overwhelm. You'll walk away with tools to take control of your health, a clear next step if needed, and some wellness-friendly goodies. Whether you've got a strong pulse or want to strengthen it—this session is for you. **Lunch will be provided, and the screenings**

are optional. Please RSVP by Aug. 21. To sign up, call the center at 757-385-2175 or stop by.

Let's enjoy good food, good company, and a conversation that could change everything—because your health deserves a moment at the table.

Sun Printing

Friday, Aug. 29 3:00-4:00pm

Pungo-Blackwater Library

Create radiant works of art with the photographic magic of light-sensitive paper. We will be using items gathered from our natural surroundings or you may bring your own collected items if you wish. For adults. Registration is required so call 757-385-0150.

Connect With a Wish School Supply Drive

This remarkable local charity that supports foster children is conducting their annual drive to collect school supplies for more than 400 kids. We have done very well in the past providing the items they need, so we hope you will participate again this time around. The deadline to drop off your donations is August 8th and the bin for your items is to your left as you enter the building.

The items most needed are: looseleaf paper and spiral bound notebooks (wide and college ruled), composition notebooks, subject dividers, pocket folders, washable markers, glue sticks, rulers, kids and adult scissors, crayons, colored pencils, highlighters, red and black pens, lunch boxes and backpacks and mini hand sanitizer. You can find many of these items at Walmart, with bargain prices like \$.50 for a composition notebook or box of crayons. We can all remember the excitement of starting a new school year with an array of new supplies, so help these kids experience the same joy.

School Starts Again

Creeds Elementary School will begin the 2025-2026 school year on Monday, August 25. Be prepared to find our parking lot congested at drop-off and pick-up times when parents' vehicles wind around our building. Be mindful of the reduced speed limit and school bus traffic as well. We wish the school kids and school staff a happy and productive school year.

Charity United Methodist Church Food Pantry

As a friendly reminder, the Senior Resource Center is an ongoing supporter of this nearby food pantry that serves our rural area. With the growing need for individuals and families to obtain adequate food, and with the impending reduction of SNAP benefits (Food Stamps) for many individuals, the need for support of all our area food banks is crucial. Many individuals experience a rough spot when there isn't enough income to last the month, and with the increasing cost of groceries, we can well understand the need for help.

In case you haven't noticed, most of our event flyers include a reminder to bring a food item or two. Our donation bin is immediately to your left as you enter our center. There is a short list on the oval table to the right of the door with recommended items. Keep in mind that small or regular sizes of food items are preferred so no giant jars of Jif. Since we do not charge for membership or activities, it seems very reasonable that you could buy an extra item or two when you're grocery shopping. A weekly donation of just one box or can of food would be a huge help. We appreciate Dianne Greene delivering our donations on a weekly schedule to the church. Thanks for helping to ensure that folks don't go to bed hungry.

Annual SRC Membership Meeting and Election of Board Directors

Our annual meeting took place on July 4th at noon, in conjunction with our ever-popular 4th of July celebration. The center was beautifully decorated both inside and out, creating a festive and patriotic atmosphere. We had 48 members in attendance, many dressed in red, white, and blue.

The members unanimously re-elected the board and officers. Barbara Henley generously provided hot dogs, buns, and fresh corn, which everyone enjoyed, and members provided delicious sides and desserts. There was so much food!! Music was provided by Peggy Nelson, who played the piano while we sang patriotic songs.

Check our Facebook page for photos of the event. A group photo was taken and will be posted on our Facebook page (VbSRC Creeds.) Thank you to all who attended, decorated, worked in the kitchen and who helped to clean up. It was truly a group effort. It's always heartwarming to see how everyone just pitches in to help.

If you have any ideas for SRC programs, activities, etc., please contact a board member. If you would like to join a committee, just call a board member to discuss. Our contact information is listed in each newsletter. We value your input as this is our center for all of us to enjoy.

Charity Church Community Day

Saturday, Aug. 23 10:00am-2:00pm

This special celebration marks 40 years of the CUMC Charity Preschool. There will be games, a bounce house, a dunk tank, face painting, pony rides, music, a cake walk, pie and melon

eating contests and lunch. Everything, including lunch, is free! Rain date is Sunday, Aug. 24. From noon- 4pm. Bring your kids and grandkids and enjoy a great time.

Farmers Market Friday Night Hoedowns

These free concerts are held every Friday night, from April through October at the Farmers Market, located at 3640 Dam Neck Road, at the intersection of Princess Anne and Dam Neck Roads, across from Landstown Shopping Center. The concerts are held rain or shine, from 7-9 p.m., and line dancers are welcome to join in. It's suggested that you bring your own blanket or chair.

August 2025 Band Schedule

8/1	Dallas Band
8/8	The Country Rockers
8/15	Timeline
8/22	Country Rebels
8/29	The Country Rockers

How to Help a Caregiver: Simple Support and Care

from CAN - Caregiver Action Network

Being a family caregiver can be an incredibly rewarding experience, but it often comes with significant physical, emotional, psychological, and financial strain. Caregiving can also lead to feelings of isolation as caregivers devote so much time and energy to their loved ones that they often lose touch with others or can no longer participate in regular activities. Friends and family who haven't experienced caregiving may not fully understand the demands or may distance themselves out of fear of saying the wrong thing. However, offering support doesn't need to be complicated or intimidating. Here are some meaningful ways you can help a caregiver:

Listen and Provide Emotional Support One of the simplest yet most profound ways to help a caregiver is by listening. Caregivers often face days that are more challenging than others and may need someone to talk to, even if it's just to vent. Whether it's a family member, friend, or co-worker, let them know you're available and that you care. Offer your full attention without judgment. Caregivers may not be looking for solutions but rather a compassionate listener. Avoid sharing stories about other caregivers or asking why they don't place their loved one in a nursing home; this can often feel judgmental. Simply listening and offering validation can be an enormous source of comfort.

Offer Practical Help Rather than offering a vague "let me know if there's anything I can do," try being specific with your offer to help. Many caregivers hesitate to ask for help even when they need it most. You can make a difference by offering to assist with errands, chores, or daily tasks that they may not have time to manage. Some thoughtful actions include:

- Bringing over a meal.
- Doing household chores like laundry or dishes.
- Running errands or picking up groceries.
- Shoveling snow, mowing the lawn, or walking the dog.
- Giving them a gift card for grocery delivery or a favorite takeout restaurant.

These simple tasks can alleviate a significant burden from a caregiver's shoulders and provide much-needed relief in their day-to-day routine.

Give Them a Break Caregiving is often a 24/7 job, and caregivers rarely get the chance to rest. Offer to step in for a few hours to give them a break. Whether you stay with their loved one or arrange for a trusted individual or professional caregiver to cover for them, this time can allow caregivers to recharge.

Even a brief break to run errands, see a friend, or simply relax can help restore energy and improve emotional well-being.

Help Them Take Care of Themselves Self-care often takes a backseat when someone is focused on their loved one's well-being. You can encourage caregivers to make their health a priority by offering specific support. Encourage them to see a doctor or mental health professional if they seem overwhelmed, stressed, or depressed. You can even offer to stay with their loved one during their appointment or help schedule it. Caregivers are prone to neglecting their own health, and your encouragement could help them maintain their well-being.

Keep Them Included and Show You Care Caregivers often feel isolated because they may not be able to join in social events or gatherings. Continue to reach out, invite them to activities, and let them know you care. Even if they can't always participate, staying in touch helps them feel less alone. Call regularly, check in on how they are doing, and acknowledge the tremendous work they are doing. Being a caregiver is tough, but with your support, their journey can be a little easier.

Final Thoughts on Supporting a Caregiver Supporting a caregiver doesn't have to be complicated. By providing emotional support, offering specific help with daily tasks, giving them time to rest, and helping them prioritize their own health, you can make a big difference in a caregiver's life. Remember to show that you care, stay connected, and encourage self-care whenever possible. The Caregiver Action Network/National Family Caregiver Association provides a toll-free Help Desk at 1-855-227-3640 from Monday-Friday 8am-7pm. You can also search www.caringcommunity.org for helpful information. Another helpful online site for caregivers is www.uhc.com/caregiving.

More Scams to Avoid

According to a recent post by komando.com the FBI is waving a red flag: scammers have a new angle. They're impersonating health fraud impersonators to steal sensitive data. You could receive texts or emails asking for health information or fake reimbursements. Don't bite. It's all "phishing" designed to obtain your medical ID for something or someone else. Do not give out any of your personal information regarding such a request.

AARP posted a Fraud Alert: Medicare will never call you unexpectedly. There has been a rise in complaints reported to the AARP's helpline about Medicare imposter scams. Criminals pretending to be from Medicare claim that you're losing benefits, need a new card, or that your birthday doesn't match their records. Do not give out your Medicare number to anyone if you have not initiated an inquiry. Hang up on such scam calls- Medicare does not just randomly call clients. If you receive such a call, hang up and call the AARP Fraud Watch Network at 877-908-3360.

3 Tips to Strengthen Social Connections for a Happier Life

by Dr. Robert Waldinger, Director of Harvard's 85-year long Adult Development Study AARP Article by Sadie Shattuck, May 12, 2025

Did you know that social interactions and leisure activities allow older adults to stay engaged with family, friends and their communities, leading to a higher quality of life and improving overall health and longevity? A recent Harvard study of older people showed a telling common thread: those who lived a happy life were connected to family, friends and others who shared their interests.

Some ways to strengthen your own social connections:

- Use your skills and passions to build a network and surround yourself with like-minded people. Join a club or group, volunteer and use what you know to connect with and benefit others.
- Listen more and talk less. Listening shows that you are paying attention and are genuinely interested in the lives of those you are engaging with. Be an active listener by making eye contact, not interrupting, and asking follow-up questions.
- Get and stay active. Regular exercise leads to feeling good hormones in your brain and keeps your heart healthy, and it's also a great way to meet new people. Talk to your neighbors, join a walking club, walk around the block, keep moving.

It's never too late to make new connections. A perfect way to do that is to join the Senior Resource Center, attend free activities, dance, exercise, play cards, and volunteer and you'll find new purpose in your life.

DONATIONS

Johnnie and Rae Williams in memory of Velma Cartwright and Alice White

Teresa Honeycutt

Charlie Small


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>
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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.ybsrc.com and help save printing and postage costs.

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					*10:45 am Friday Writers Group **12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
3	4	5	6	7	8	9
	History Comes Alive 1:00 - 4:00 pm History of Red Cross & Donut Dollies Reg Req. Event @ SRC 757-385-0150 (PR Kathryn T)	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 NO REG REQ. (PR Angie V.)	*8:30 am BOARD MEETING **Line Dance (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 Friday Writers Group **12:30 Cards (Card Group PR)	
10	11	12	13	14	15	16
	1130 am Annual AARP Joint Lunch Potluck (PR Nancy Allan) **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) 4:00 pm, The Oregon Trail PBL, Reg Req. (PR Kathryn T)	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 Friday Writers Group **12:30 Cards (Card Group PR)	 5:00 to 8:00 PM Game Night (PR Rita T.)
17	18	19	20	21	22	23
	10:00-12:00 SRC Crafters for Charity Crayon Ditty Bag Project (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.)	10:00 am Walk & Talk 30-45 min Walk, Reg. Req., Meet @ Munden Pt Park (PR Kathryn T)	No Line Dance Classes **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Friday Writers Group 12:30 Cards (Card Group PR)	
24	25	26	27	28	29	30
31	11:00 am Pulse Lecture Vascular Testing Non-Invasive Lunch Provided Reg Required, Sign Up (PR Sharon Prescott)	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 Friday Writers Group **12:30 Cards (Card Group PR) **3:00 pm, Sun Printing, PBL, Reg. Req. (PR Angie V)	

NOTES: PUBLIC SCHOOL STARTS Aug 25, 2025.

Public Schools are closed Aug 29, 2025 for 3-Day Labor Weekend Holiday.