

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – DECEMBER 2024

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

Creeds Elementary Chorus and Tree Trimming

Wednesday, Dec. 4 2:30 pm

Please join us for this heartwarming annual visit by kids from Creeds Elementary School. Their chorus will sing and get us in the holiday mood, and their artists will decorate our tree with their very special handmade decorations. SRC will provide cocoa for the visitors, **but we ask our members to please bring cookies, preferably homemade and without nuts.** We treasure our partnership with the school next door, so we encourage you to show your appreciation by attending this special yearly event.



Annual Christmas Luncheon and Caroling

Saturday, Dec. 14 12 noon-2:00 pm

It's that time of the year, and we are so blessed that Ena Dawson, now a senior at Catholic High, will once again host our now annual Christmas luncheon party. Ena has done a magnificent job of gifting this event to us, and this will be the third year she has provided it. With some help from area restaurants and businesses and her supportive parents, you will be treated to wonderful food, door prizes and fellowship. Peggy Nelson, a talented musician, will accompany us as we sing holiday carols, so be sure to bring your best voice along with you. For a change, you don't need to bake or cook, as all the food will be provided. Holidays are more enjoyable when you spend time with others, so join us and benefit from the fellowship. **Registration is required, so please R.S.V.P. by Dec. 8th** by calling the center at 757-385-2175.



Christmas Day Pot Luck Luncheon

Wednesday, Dec. 25 1:00 pm

This has become another annual event at the Senior Resource Center. Once again Rose Doucette, the daughter of John Henry Doucette and now a freshman in college, will host this gathering. An entrée is not provided, so attendees need to sign up ahead of time and note what dish they will bring. Please don't stay home and spend Christmas by yourself when you can enjoy the company of others. Call SRC to register by Dec. 20th.



Connect with a Wish Christmas Project

In continuing support of this nearby non-profit, we are collecting new picture books for local foster kids from ages birth to 3 years. Please deliver your gift books to SRC by Dec. 9. You can find tons of very reasonably priced books at Dollar Tree or at Ollie's at Hilltop. No need to wrap the books.



Angel Tree Gifts

Will you help play Santa to a Creeds Elementary School student? Pick up a tag at the center and shop for the specified item. Please return unwrapped gifts to SRC by Dec. 20.



History Comes Alive Lecture Monday, Dec. 2 1:00-2:30 pm

History comes Alive! Book Club at the Senior Resource Center. Join us to discuss *The Girl from Guernica: a historical novel* (2022) by Karen Robards. The author captures one of the most notorious episodes in history in a story of family bonds and the courage of women in wartime. We will have a guest speaker from the Hampton Roads Wartime Women who will be in uniform and discuss the role of women in WWII. Book club books in regular print and large print are available for check-out at the Central Library. Call 757-385-0150 to request a copy. Adults. Registration is required for this lecture at the same number.

We are so fortunate to have the Pungo Blackwater Library as one of our partners. They have provided a wealth of great programs, lectures, craft classes, games, as well as the monthly Read and Share Group. It's a winning combination- their ideas and our larger meeting space.



Read and Share Wednesday, Dec. 4 10:30 am

Enjoy a casual chat, at the SRC, 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. You don't all read one specific book. Adults. Registration is not required.



Game On! Monday, Dec. 16 2:30 pm

Roll in to Pungo-Blackwater Library and try your hand at a variety of fun and fast-paced dice and card games. All levels of players are welcome. Adults. Registration is required.

Folded Magazine Christmas Trees

Friday, Dec. 20 3:00 pm
at the Library

Add a handmade touch to your holiday decor by transforming recycled magazines into adorable Christmas trees. Be ready for lots of folding and creasing in this 1-hour program. Adults. Registration is required.



Thank You to those who donated items for Western North Carolina residents. Thanks especially to Hunt Club Kennel on London Bridge Road for serving as a local drop site and for helping us unload our two packed vehicles. Thanks also to Mike Wells Services, a HVAC company in Suffolk, for transporting those donations to N.C.



Holiday Food for Thought

At this time of the year, when different holidays are observed, one thought remains true for all of us. Especially during this stressful time in our country and the world, we would all do well to try to get along better and to love one another.

Let there be peace on earth
And let it begin with me
Let there be peace on earth
The peace that was meant to be

Let this be my solemn vow
To take each moment and live
Each moment in peace eternally
Let there be peace on earth
And let it begin with me

Merry Christmas



Holiday Wishlist

Less gifts, more memories.
Less stress, more peace.
Less chaos, more calm.
Less excess, more gratitude.



Thank You We owe many thanks to **Rebecca and Daryl Aldridge** for hosting the annual Thanksgiving Day potluck meal and for providing all the turkey and ham. This is the second year they have generously offered to oversee this popular event, and they have done a fantastic job.



Crafters for Charity

This amazing group of talented crafters, led by Gaby Morrison, outdid themselves when they jumped in to support a special project to benefit Hurricane Helene victims in North Carolina. They heeded the call for help from the Clerk of the Court in Hartnett County, NC, Renee Whittenton and Stitching Together Western North Carolina and quickly produced a very

We Rise
by

LIFTING

OTHERS



large number of items. Included in their donation were 87 ski hats, 15 mufflers, as well as blankets, ditty bags, and more! Renee posted a picture showing the piles of beautiful, handcrafted items and it was awe-inspiring to see. Thank you to all the knitters and crocheters who gave their time and talents to help those in need.

If you knit or crochet, there is a lot of donated yarn at the SRC for you to use. You are always welcome to attend the Crafters for Charity monthly meetings at 10 a.m. on the third

Monday each month, but you are also welcome to knit or crochet at home and drop off your finished products at the center. The need for winter gear, like hats and scarves, for North Carolina Hurricane victims will continue throughout the winter, so we hope those of you who are crafty will join these efforts. Our craft group has donated their handiwork to many other local charities too. Gaby encourages you to let your family and friends know about Crafters for Charity so they can join this group, and she also would like to see crafters produce some homemade kids' toys or stuffies. It's heartwarming to see what a difference these ladies make in others' lives.



Books for Sale at SRC

With Christmas coming, it's a perfect time for you to buy one or both books that Barbara Henley and her history group have provided. The new book is *In Remembrance- Princess Anne County Graves- Fields, Farms and Churches*. The other book is *Glimpses of Down Country-Southern Princess Anne County* (2013). These books will make excellent gifts for those family members interested in local history or genealogy. These books are available at SRC for \$22.00 each.



The Hidden Dangers of Progressive Lenses

(condensed from 11/4/24 AARP article by Peter Perl.

The American Public Health Association (APHA) reports that a variety of health care organizations and governmental agencies recognize falls for adults 65 and over as an "urgent national public health crisis." Falls are the leading cause of injury-related deaths in people 65 and up, according to the Centers for Disease Control and Prevention. There's a

reason why some older adults take bad tumbles, and it's not just because we're frail.

Last November, the APHA (American Public Health Association) urged the nation's health professionals to carefully screen for patients at highest risk of falling, and identified 10 major causes contributing to the 3 million emergency room visits and 38,000 fall-related deaths among older adults, including medications, physical inactivity, dementia neurological and metabolic disorders such as diabetes and "vision impairment." What's not spelled out is that when it comes to impaired vision and falls, the glasses themselves could be the danger: Several scientific studies have found that older people like me who wear multifocal eyeglasses—progressives, bifocals or trifocals—to correct both near- and farsightedness were approximately twice as likely to suffer falls than those wearing single-vision lenses. A compilation of studies found that those with multifocal lenses are three times as likely to trip and fall when walking outside the home.

The reason those of us with multifocal lenses are at increased risk of falls is that these types of glasses make it harder to see the ground below us. This is not a new finding. When we walk, we normally see the ground from a distance of five-to-six feet, but the focal length of the lower segment of multifocal lenses is only slightly more than one foot. Consequently, our view of the ground is impaired at precisely the distance you need to detect and avoid ground-level obstacles."

Part of the reason is that adults who start wearing progressives in their 50s or thereabouts generally do not encounter problems at first. It's not until we get older and may require stronger prescriptions for the reading portion of the lens that the problem can arise. The increase in prescription strength

often coincides with health issues such as are tremendously valuable, some users may need to consider also having a pair of single-vision glasses to use when you are walking outside the home, but using your progressive glasses when driving. If you wear your progressive glasses while going down, up or down a curb or on uneven surfaces, try to tuck your chin down as it allows you to look through the upper part of the lenses (the part that allows you to see things at a distance better) and can see what's at your feet more clearly.



Speaking of Balance

At the November fall prevention lecture by O.D.U. Associate Professor Brittany Samulski, we were shown how important it is to learn how to fall safely. The safest way to fall, if you somehow can think fast enough as you begin to tumble, is to tuck your chin down, try to cradle your head with your arms, and fall on your side. We learned that the part of the body that is damaged the most from falls of seniors is not the hip, but the head! It's critical to protect your head when you fall. We were also shown how to get up safely from the floor by trying to crawl to a chair, the stairs, or whatever is sturdy and at the right height, so we can lean on it and slowly try to push/pull ourselves up to a sitting position. It certainly would help if we all kept our cell phones in our pockets so we could call for help, or else wear a Lifeline necklace or fit-bit watch.



Ten Commandments for Seniors

1. Talk to yourself. There are times you need excellent advice.
2. "In style" clothes are those that still fit.
3. 3. You don't need anger management. You need people to stop irritating you.
4. Your people skills are fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is: "I don't need to write that down. I'll remember it."
6. "On time" is when you get there.
7. You've noticed people your age are much older than you.
8. Ageing has slowed you down, but it hasn't shut you up.
9. You still haven't learned to act your age, and I hope you never will.
10. "One for the road" means peeing before you leave the house.



Food Containers

We try to keep a good supply of plastic containers so that we can send leftovers from our potluck lunches home with you. Try to remember to bring back the containers you have taken home or buy a new set for us at Dollar Tree.

Senior Resource Center Library

We are starting to build a library, using the shelves that held our CD collection. We will continue to have the Amish book collection, in honor of Juantia Swoope, but we'd like to collect some additional books. We especially would like to have some large-print books donated. We can't handle box-loads of books, but if you have one or two books you'd like to donate, just bring them in. We are lucky to have the Pungo Blackwater Library right next door, but some of you might like the convenience of borrowing a book right at SRC. Thanks to our volunteer, retired librarian Marcia Hart, for spearheading this project.

2025



COMING SOON

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
757 470-7186

Vice President

Sharon Prescott
757 630-2660

Treasurer

Pat Jenkins
757 618-5304

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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December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	1:00 - 2:30 pm Book Club: History Comes Alive "The Girl from Guernica: A Historical Novel SRC, Reg. Req. (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.)	10:30 - 12:00 Read & Share (PR Angie V.) 2:30 pm Creeds Elementary Tree Decorating & Chorus Program.	*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.)  8 - 10 AM: Breakfast w/Santa & Craft Fair Creeds School Cafeteria
8	9	10	11	12	13	14
	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 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)	12:00 -2:00 Ena Dawson SRC Christmas Party
15	16	17	18	19	20	21
	10:00-12:00 SRC Crafters for Charity C4C - (PR Gaby M) 2:30 "Game On", 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.)		*No Line Dancing Class (PR Rita T) 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan *12:30 Cards (Card Group PR) **3:00 Folded Magazine Christmas Trees, PBL, Reg. Req. (PR Angie V)	 6:00 to 9:00 PM Game Night (PR Rita T.)
22	23	24	25	26	27	28
		**No Exercise Classes (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 Christmas Day Pot Luck (PR Rose Doucette) 	*No Line Dancing Class (PR Rita T) *No Mah Jongg	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke **12:30 Cards (Card Group PR)	
29	30	31				
		**No Exercise Classes 10:45 -12:30 Euchre (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)				