

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – DECEMBER 2025

IN OUR EIGHTEENTH YEAR

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

Bow Making Class

Monday, Dec. 1 11:00am-12:30pm

Doris Whisman and her daughter Susan Marziani will return to SRC to teach this popular class, just in time for the Christmas season. You will need to provide your own ribbon, a minimum of 4 yards with wired edges, between 1 ½" and 2 ½ " inches wide. Please stop by or call the center at 757-385-2175 to register for the class. Check out the 2 sample bows on the table to your right as you enter the center.

Creeds Elementary School Chorus and Tree Trimming

Wednesday, Dec. 10 2:30pm

Please join us for this heartwarming annual visit by kids from Creeds Elementary School. Their chorus will sing and put us in the holiday mood, and their artists will decorate our Christmas 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. This event is at the Senior Resource Center.



Pungo-Blackwater Library Programs

For programs requiring registration please call 757-385-0150.

Read and Share

Wednesday, Dec. 3 10:30am 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. Adults. Registration is not required.

Short Story Book Tasting

Friday, Dec. 5 10:30am at PBL

Come sample the bite-sized reading selections offered in our libraries. From essays and short stories to novelettes and novellas, we have many offerings to satisfy every palette. Light refreshments will be served. Adults. Registration is required.

Charcuterie 101

Monday, Dec. 8 11:00am at SRC

Meats, cheese, and fruits, oh my! Learn the secrets to making crowd-pleasing charcuterie boards. Adults. Registration is required.

Holiday Aroma Stones

Wednesday Dec. 17 3:00pm at PBL

Decorate your home visually and aromatically this holiday season with hanging aroma stones. Let the essential oils diffuse festive scents throughout the holiday season. Adults. Registration is required.

The Angels Are Here!

Remember the joy you felt on Christmas morning? Bring that to a child this December 25th. Angel Tree tags are now available at the Senior Resource Center. Come choose one or more tags with the age and gender of the child noted, and item desired. Again, this year you will be shopping for clothes, not toys. If you choose to gift **shoes**, the easy way is to **purchase a gift card** so there are no worries about sizing. That makes it easy for everyone. Target and Walmart have a dazzling array of children's clothing!

Here are the easy steps to follow for this gift giving:

- Choose an Angel from the tree.
- Fill in information on clip board at the SRC desk. (name, phone #, tag/child info)
- Have fun shopping for the item in the gender/size noted
- Return unwrapped gift with Angel Tag securely attached to item or gift bag and include the receipt if possible. Ask the cashier for a gift receipt.
- Enjoy a warm fuzzy feeling, knowing you have given a big smile to a child on the morning of the big day.

Deadline for returning gifts is December 12

A heartfelt thank you for participating in this and all philanthropic initiatives at the Senior Resource Center throughout the year. Your generosity makes the heart of this caring and giving community.

Annual Luncheon Christmas and Caroling

Saturday, Dec. 20 12 noon-2:00pm

It's that time of the year, and we are so blessed that Ena Dawson, now a freshman at William and Mary, will once again host our now annual Christmas luncheon party. Ena has done a

magnificent job of providing this event to us and this will be the fourth year she has provided it. With some help from area restaurants and businesses and her supportive parents and grandparents, she will treat us 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. 13** by calling the center at 757-385-2175.

Annual Christmas Day Potluck Lunch

Thursday, Dec. 25 12 noon-2:00 pm

This holiday should be shared with others, so plan to come to the center to celebrate with your Senior Resource Center family. Bring a dish to share and your holiday spirit. Please sign up by Dec. 20 if you plan to attend and let us know who will be coming and what food you will bring. Gaby and Tom Morrison will host this event.

New Beginner's Line Dance Class

Thursday, Jan. 8 2:15-3:30 pm

No experience necessary. Must be able to laugh! We will take it slow and easy and have some fun. You will make new friends and burn a few calories while learning dances you see at anniversary parties, weddings, and on cruises. No partners needed and two left feet are welcome. Come join the fun at SRC and if you've never line danced before, here is your

chance to learn. The current 12:30 and 2 p.m. classes will be combined as of January 8, 2026, and will continue to meet at 12:30 p.m. on Thursdays.

Founding Member of SRC Passes but Leaves Legacy

Recently our community lost one of the original contributors to the Senior Resource center, Becky Malbon Cullipher. Becky was raised in Pungo on a small farm near the Pungo Airfield on property that is now part of Ashville Park. She graduated from Princess Anne High School in its first graduating class of 1958, and the next year married Louis Cullipher from Knotts Island. They moved to Prince George County where Louis started working with the USDA Soil and Water Conservation Service. Their daughters, Pam and Kim, were active in 4-H and were recognized for sewing and cooking.

In 1980, after adding son Mike to the family, they moved back to Virginia Beach where Louis was transferred to continue working with USDA in Virginia Beach and Chesapeake. They built a house on Princess Anne Road, where care was taken that Becky would have a sewing room with a window that faced PA Rd. so Becky could sew and watch the cars go by. She had bags of yarn hanging on one wall and all colors of thread on racks on another. Becky had several sewing machines from treadle models from grandmothers and mothers on both sides of the family, along with much more modern machines with all the “gadgets” available at that time. Becky had developed her love of sewing from her mother who at one time was a seamstress at Oceana Cleaners, now out of business, making alterations on military uniforms, and in the early years of the family, Becky made/alterd most of the family’s clothes

Now the family has donated her considerable knitting and fabric collections to be utilized by

the Crafter’s for Charity group at SRC. Her husband Louis commented that he knew Becky would be pleased that some of her textiles could be utilized. Becky and Louis were very active when the SRC first opened; in fact, they and others chipped in to donate our stove that is such a blessing to our potlucks and other dining opportunities. Louis, now still working as age permits in his beloved soil, says, “Happy knitting and sewing!” And we say a heartfelt “Thank You, Louis” for your continuing generosity to our cause. God bless you and your family.

Stay tuned to find out how all these wonderful donations were used.

2026 Social Security and Medicare Rate Changes

The Cost of Living Adjustment (COLA) for our Social Security Benefit increases 2.8% as of January 1, 2026. For an average Social Security benefit of \$2015, the new monthly benefit will be \$2071,-about a \$56 increase. At the same time, it is projected that the Medicare monthly premium will increase 11.6% or about \$21.50 from \$185 to \$206.50! If you do math, you’ll see that you’ll be netting about \$24.50 more income per month. With the ever-increasing cost of our groceries, you may be able to purchase a loaf of bread, a quart of milk, some PB & J, a pack of cookies and a gallon of ice cream with that windfall!

Virginia’s Medigap “Birthday Rule”

The Birthday Rule is a new Virginia Law, as of July 1, 2025, that allows a person enrolled in a Medigap policy (a supplement or secondary policy to Medicare) to change their Medigap policy during an annual 60-day open enrollment period. This period begins on your birthday every year. It allows a personalized enrollment

period tied to our enrollment birthday. This new rule ensures that a covered individual will have a chance to purchase any Medigap policy with the same benefits without being denied coverage or charged a higher rate due to health conditions or claims history.

You can change to any Medigap policy that is offered by any Virginia Medigap provider and provides the same level of benefits as your current coverage. For example, if you have Plan G, you must choose another Plan G. If you choose to change plans during this new birthday rule period, be sure you don't cancel your current coverage before the new coverage begins. For more information about this new option, call Senior Services of Southeastern Virginia Benefits Counselors at 757-963-9232. You will receive free, unbiased guidance from these experts.

English is Hard

1. The bandage was wound around the wound.
2. The farm was used to produce the produce.
3. The dump was so full it had to refuse the refuse.
4. We must polish the Polish furniture.
5. He could lead if he could get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.

Silver Surfers-Free New Technology Assistance from Senior Services

Our Area Agency on Aging, Senior Services of Southeastern Virginia, is offering free technology help for those 60 years old and up. This new course involves 2 sessions a week for 4 weeks in person or for 12 weeks virtually. You need to have Wi-Fi (Wireless Connection) and either a tablet or computer with camera (one may be provided). You will learn how to send and receive emails, find a public Wi-Fi network, join a ZOOM call online, use Telehealth to visit your doctor and more. To get more information and to enroll. Contact Kim at www.mforbes@ssseva.org or call 757-222-4526.

Food for Thought as 2025 Comes to an End

Carry the Good by Catherine Pulsifer

Look back with thanks, let go of regret,
The good you've gained, don't ever forget.
A new year comes with much to give,
Choose to love, to laugh, to truly live.

Let there be peace on earth and let it begin with me.

The best way to end the year is with a grateful heart.

Be thankful for what was, hopeful for what will be.

**GOODBYE
2025**

Artificial Intelligence Scams

Most of us have heard about AI, artificial intelligence, and may be growing lerier of believing what we see and hear. With the rapid advancement of AI, cybercriminals are finding new ways to exploit AI for malicious purposes. Seniors are ideal targets for these scams because they are unfamiliar with these new forms of technology. Scammers gather audio, video or written content from social media or other public platforms. They then use tools like voice synthesizers to create convincing replicas of their subjects and can create near-perfect imitations of voices and faces. These AI scams are much more sophisticated than just a bogus telephone call and can appeal to the senior's emotions by inducing fear, urgency or love to pressure the victim into compliance.

To avoid being scammed:

- Verify any request from an unsolicited call by verifying the caller's identity. Call the company the call is supposedly from, using a well-publicized number, to confirm the number is legitimate.
- Be cautious over sharing personal information online on social media. Your audio or video content could be used to replicate your voice or appearance.
- Learn to spot red flags and be skeptical of any request that pressures you to act immediately or threatens some kind of repercussion if you don't comply
- Use safe words by agreeing with family members to use a "safe word" to verify the authenticity of calls or messages regarding some emergency supposedly occurring in the life of a loved one. This type of scam often focuses on the tale of a grandchild who is in trouble and needs money asap.
- Stay up to date regarding latest scams. The FTC and AARP both provide ongoing information. Go to: www.consumer.ftc.gov to sign up for fraud alerts.

- Don't answer phone calls from numbers you don't recognize. If the caller is someone you want to talk to, they will leave a message.

Summarized from Senior Advocate Live article by Shawn Smith.

Donations

Beth Swanner

Arlene Landon

Teresa Honeycutt

In memory of Becky Cullipher: Anne Bright, Bonney Bright, Marvin and Gayle Rollins

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.

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	11:00-1230 Bow Class Reg. Req. No Lunch (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.)	1030-12:00 Read & Share (PR Angie V.)	Board Meeting 8:00 am ~Line Dance (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00-3:30 Regulars ~~12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards 1100 am, Short Story Book Tasting, PBL. Reg. Req. (PR Kathryn T)	 1:00 Game Day (PR Jo-Ann R.)
7	8	9	10	11	12	13
	11:00-12:00 Charcuterie 101 Reg. Req. @ SRC (PR Kathryn T)  ~6:00 - 8:00 pm Creeds Athletic Assoc. (PR Brittany Nosay)	NO Exerce Class ~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) ~2:30 pm CES Chorus Tree Trim @ SRC -Bring Non-Nut Cookies to share. 	Line Dance (PR Rita T) 12:30 - 1:45 Easy Line 2:00-3:30 Regulars ~12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR) **NOTE: Angel Tree gifts due back to SRC.	
14	15	16	17	18	19	20
	C4C/SRC Crafters 4 Charity No Meeting this Month (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.)	3:00 pm - Holiday Aroma Stones, PLB, Reg. Req. (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)	Annual Christmas Party 12:00 - 2:00 pm  (PR Dawson) Game Night Cancelled - DEC.
21	22	23	24	25	26	27
	Public School Winter Break starts	NO Exerceice Class ~10:45 -12:30 Euchre (PR Marcia H.) ~~12:30 Cards (Card Group PR) ~~~1:00 Bingo (PR Jim S.)	History cancelled	Merry Christmas 12:00 - 2:00 pm Annual Festive Potluck Bring a Dish to Share Sign Up Sheet  (PR Gaby M)	Cancelled Fridays Writers ~12:30 Cards (Card Group PR)	
28	29	30	31			
		NO Exercise Class ~10:45 -12:30 Euchre (PR Marcia H.) ~~12:30 Cards (Card Group PR) ~~~1:00 Bingo (PR Jim S.)	New Years Eve			

Notes: Merry Christmas,, Public School Winter Break Dec 22-31. **Please note: Angel Tree gifts due back to SRC.

The Happy face signifiys a special Event. 