

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – FEBRUARY 2025

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

### Journalism Lecture and Potluck Lunch

Monday, Feb. 3 11:00 am

Our favorite local journalist, John-Henry Doucette, former publisher and editor of the esteemed *Princess Anne Independent News*, will share with us his experience and wisdom regarding journalism. John-Henry was previously with the *Virginian-Pilot* and then took on the daunting task of reporting on vital local news via his free publication. We already miss his bi-weekly issues and are at a loss without his superb coverage.

As always, please bring a dish for our potluck lunch, as well as a non-perishable food item to support our local food pantry. Hopefully you are already aware that we continue to support Charity United Methodist's Food Pantry that serves the rural area. With increasing costs of groceries, the demand at area food pantries continues to grow.



### Annual First Responders Appreciation Luncheon

Wednesday, Feb. 19 11:00-2:00 pm

This is one of our favorite annual traditions, a time for us to show our gratitude for all that our local police, firemen and rescue squads do for us. City responders from units in Creeds, Blackwater, Sandbridge and the First Precinct are invited to share a special meal with us, and it is also a great opportunity for us to get to know them. As usual, the Senior Resource Center will provide the main entrée, but we ask you to provide all the sides and desserts. Here's hoping many of us will attend.

### Revolutionary War Observance

Sunday, Feb. 16 2:00 pm

The SRC's Historical Research Group invites you to participate with them in an observance of a confrontation which occurred on February 16, 1781, between the Patriot forces in the Revolutionary War led by Amos Weeks and the British forces led by Col. Simcoe and Capt. Ewald at the site of the former Pungo Chapel. This brief ceremony will be held at 2 p.m. on February 16 at the site of the Pungo Chapel, just south of Pleasant Ridge Road and Princess Anne Road. We will meet at the property which is today's Henley's at Pleasant Ridge located at 2061 Pleasant Ridge Road and Princess Anne. You can park there and we will walk over to the site where the Patriot militia forces led by Amos Weeks and the British forces had a brief follow-up meeting from the previous day's "Skirmish at the James Plantation." As we prepare for the 250th anniversary of the Declaration of Independence to be observed next year, we are researching the participation of Princess Anne County during the Revolutionary War which followed and led to the surrender of the British forces at Yorktown in 1781. We believe that Princess Anne County played a much more important role than has previously been acknowledged, and that the Patriots here should be honored and recognized for their role in leading to our Independence. Please join us for this brief ceremony and help us as we further research the events of the Revolutionary War era in Princess Anne County.



## Marian Manor's Valentine's Dance and Lunch

**Sunday, Feb. 23 2:00-4:00 pm**

Marian Manor's annual event will have a live band, buffet, beverages and door prizes, all for only \$5 per person. **All tickets must be pre-purchased at Marion Manor**, 5345 Marian Lane, VB 23462. The event is held at St. Gregory's gymnasium, located in front of Marian Manor.



## Note from Johnnie Williams Outgoing SRC President

I would like to take this opportunity to thank all the members of the Senior Resource Center, especially our officers and directors, for allowing me to serve as your president for about fifteen years. I have learned a lot collaborating with a wonderful team and I hope we have, in some small way, contributed to the success of the SRC. Looking back, most of us who were here in the early planning stages probably never thought this idea would ever get off the ground, yet alone flourish for seventeen plus years. Our success, in no small way, has been due to the support that we have received from the City of Virginia Beach. Without it we could never have made it. It has been my pleasure to be a part of the SRC and look forward to serving as your vice president.

**P.S. from Nancy:** Few of us have any clue as to how much Johnnie has done for us for all these years. Little did he know, when he agreed to serve as President for a two-year term, that he would be at the helm for most of the 17 years we've existed. He will never take any credit, humble as he is, for giving so much time and effort to doing anything and everything that was needed. Our hats are off to you, Johnnie. Job well done!

## Passing of the Gavel

On January 1, 2025, after over 15 years, Johnnie Williams has stepped down as President of the Senior Resource Center, and at the January 2, 2025 board meeting, Sharon Prescott was elected by the board to serve as President. Johnnie will continue to be on the board as Vice President.

Sharon is no stranger to the SRC as she worked with Barbara Henley, Terry Jenkins and other city staff to create the SRC. She has also taught photography at the center and has been on the SRC board of directors for many years, most recently as the Vice President. If you don't know her by name you have probably seen her at SRC events with a camera around her neck. Sharon has lived in Virginia Beach since the late 1960's, but only moved to the "county" in the early 90's. She worked for the City of Virginia Beach with the Department of Housing and Neighborhood Preservation. In April of 2013, she retired from the city and went into Real Estate. In June 2024 she retired from real estate. Sharon has also served as a member and officer for the City's Historic Preservation Commission for 9 years, coming off the commission in December 2024. She also volunteers with Seton Youth Shelters and the Military Aviation Museum. She lives with her husband in the Back Bay area. She loves to be out of doors, going hiking and photography of all types. Sharon is excited and somewhat daunted about the opportunity to be SRC President.

Sharon said, "Johnnie did such an outstanding job for so long that he is a hard act to follow. We should all be very grateful for the many years of service he has provided to the SRC. I will need help from the board and all the members of the SRC to keep this amazing place going."

Sharon believes that every SRC member has a stake in keeping the SRC vibrant and operating. "There are so many ways and opportunities to be involved and to help the SRC continue to be a great place to socialize, have fun, and learn. I need the support of all members to be effective and hope that more members will step up to lead an activity, be on the board, volunteer for desk duty, bring in more members or make donations and suggestions. I am open to new ideas and suggestions on how to make the SRC be the best it can be. It doesn't start with me- it starts with the members. The best way for SRC members to show their support for me is to be involved.



## Public Library Strategic Plan Focus Group

**Monday, Feb. 24 10:00-11:30 am**  
at the Senior Resource Center

The library wants to hear from you! Come share your thoughts and discuss the new Virginia Beach Public Library Strategic Plan during this focus group lead by the library. The current VBPL Strategic Plan is available on their website at <https://libraries.virginia-beach.gov/about>. All ages welcome. Coffee and light refreshments will be provided. No registration required.

The library has become a valued partner with our center, and we have benefited from the wonderful and varied programs they have provided us. The City's library system's budget and future activities will be driven by the results of input from these focus groups, so this is our chance to let them know what we would like to see in the next 5 years. We encourage you to attend.

## Read and Share

**Wednesday, Feb. 5 10:30 am 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. You will enjoy the format of this group, as there is no required reading of a specific book.



## Game On!

**Monday, Feb. 10 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. Call the library at 757-385-0150.



## Wine Cork Accessories

**Friday, Feb. 28 3:00 pm**  
**Pungo-Blackwater Library**

Turn wine and champagne corks into unique personal accessories, such as key chains, fan pulls and light pulls. Supplies will be provided or bring your own corks from home. Adults. Registration is required. Call 757-385-0150.



## Treasurer Needed

Our treasurer, Pat Jenkins, will be resigning her position on our Board as soon as we can find a replacement. We appreciate her years of service. Responsibilities of the treasurer include:

- Manage our bank account at Towne Bank, maintaining our checkbook, making deposits of cash and checks, and reimbursing expenditures.

- Attend the monthly board meeting, held at 8:30 a.m. on the first Thursday of every month and provide a monthly report to the board. Excel is used for this.
- Send form letters to donors acknowledging donations and to families if donation made in honor or memory of someone.
- Provide a monthly list of donations for the SRC newsletter.
- File tax return to IRS

This may sound like an overwhelming number of tasks, but the amount of donations and reimbursements is minimal. A potential candidate can certainly obtain training from Pat and will receive guidance from the Board President. Call the center to let us know you are interested. This volunteer position does not require a C.P.A.



## Support Our Local Businesses

We want to thank all the local businesses and individuals who made our Christmas Luncheon such a success. These generous donors provided amazing food, door prizes and cash for needed items:

Brooklyn Bagels  
 RBC Homes  
 Blue Pete's  
 7-11 in Pungo and Sandbridge  
 The Bee and Biscuit  
 Harris Teeter  
 Pungo Boys BBQ  
 Kathleen Hughes  
 Nadine Gilles

We encourage you to show your appreciation of all their donations by frequenting their businesses and purchasing their products.

*Thank You...*

## City of Virginia Beach Senior and Disabled Tax Relief Programs

Our City provides Real Estate and Personal Property Tax Relief for senior or disabled residents who are at least 65 years of age, or permanently and totally disabled, living in their own home or a care facility, with total assets not over \$350,000 (not including the home and up to 10 acres of land.) For Real Estate Tax relief, the amount of relief depends on income level, with income below \$78,408 providing 100% exemption. There is also a tax freeze, for those with income up to \$102,305.

**For Personal Property Tax Relief (Vehicles)** you must be at least 65, with combined gross income no more than \$29,500 with assets of no more than \$70,000.

**You must call for an appointment to apply with the Commissioner of the Revenue office at 757-385-4385, between Feb. 1 and June 30.** The Commissioner's office is located at Municipal Center Building #1. It is worth it to at least apply-you may be surprised to find out you qualify for total or partial exemption of your real estate tax or reduction of your vehicle tax. Call the number listed for more information and assistance or go online using keywords "Virginia Beach Senior Tax Relief."



**SRC Books for Sale** if you haven't already seen the two books that Barbara Henley and her history group have published, stop by SRC and take a look. The new book is *In Remembrance-Princess Anne County Graves* and the other is *Glimpses of Down-County -Southern Princess Anne County*. The cost for each is \$22 and for an extra fee, books can be mailed to you.

## Save the Date

If you are a volunteer who has been active in the past year, save Mon, April 28, 11:30 a.m. for our annual Volunteer Appreciation Luncheon.



## New Principal at Creeds Elementary School

At our December board meeting, we said goodbye to **Doug Knapp** as he retired as CES Principal. We were delighted to learn that the “New” principal is **Casey Conger**. She has been CES Principal before, and we are tickled that she will be next door again. We welcome her energy and enthusiasm and look forward to again partnering with her in the future to provide intergenerational activities with her students. We appreciate Doug Knapp’s involvement with the SRC.



## No-Cost Home Energy Programs

CHP Energy Solutions is a Virginia-based non-profit providing no-cost government and utility-funded programs for qualifying households (renters and homeowners) providing energy efficient and weatherization improvements. Typical upgrades may include insulation, air and duct sealing, repairing or upgrading heating and cooling systems and more.

To be eligible you must be a Virginia resident, rent or own a house, mobile home or apartment, and meet age and/or income criteria. Upgrades are determined by a home energy assessment and are provided at no cost. Apply by calling 888-229-3714 or go online to [www.chpenergysolutions.org](http://www.chpenergysolutions.org).

## EVMS The Lawrence Goldrich Institute for Integrated Neurohealth

For those of you who may be dealing with signs of memory impairment, whether for yourself or for the person for whom you provide care, this new program at EVMS can provide multispecialty patient care and comprehensive assessments. The cause of the memory loss can be evaluated, and the team can provide a treatment plan. Several visits are usually required, with tests, examinations, interviews with the patient and the patient’s family. Physician referrals are preferred but not required. For additional information or to schedule an initial appointment, call 757-446-5100 or visit [www.evms.edu.memory](http://www.evms.edu.memory).

This comprehensive center has taken over the program previously provided by the Glennon Center for Geriatrics and Gerontology. It is located at 721 Fairfax Ave., Suite 431A, Norfolk, VA 23507, near Norfolk General.



## Donations

Anonymous monthly donation  
Phyllis Styron to wish the Center a Merry Christmas  
James and Penny Morrisette  
M. Arlene Landon- a gift to the Center

### 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

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



To remove your name from the newsletter mailing list, call 757-385-2175. View the full newsletter online at [www.vbsrc.com](http://www.vbsrc.com) and help save printing and postage costs.

# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						 <b>1:00 Game Day</b> (PR Jo-Ann R.)
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	****SPECIAL EVENT***** 11:00 - 1:00 pm John Henry Lecture Journalism & Appreciation Pot Luck to Follow (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.)	10:30 - 12:00 Read & Share Enjoy a casual chat about popular books. No registration required (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)	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	2:30 "Game On"at PBL, Reg Req. (757) 385-0150 (PR Angie V) ***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) 	 6:00 to 9:00 PM Game Night (PR Rita T.)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
2:00 pm Revolutionary War Observance SRC Historical Research Group at Pungo Chapel**	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.)	*****SPECIAL EVENT***** 11 am-2 pm Annual 1st Responders Appreciation Luncheon Please bring a Side or Dessert to Share. (PR Nancy Allan)	No Line Dance Class (PR Rita T) 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)	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
	10:00 am Public Library Strategic Plan Focus Group . All ages welcome, Coffee & Treats provided. (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.)	1:00 History (PR B. Henley) 1:00 - 4:00pm Medicare Benefits Counseling 1:1 (PR Eileen C)	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 *12:30 Cards (Card Group PR) ***Wine Cork Accessories at the PBL, Req. Req. (Angie V.)	