

SENIOR RESOURCE CENTER, INC.

NEWSLETTER — JANUARY 2025

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

Medical Aid in Dying Lecture and Potluck Lunch Wednesday, Jan. 15 11:00 am

Judy Welp, volunteer with the national non-profit organization Compassion and Choices, will help us understand what medical aid in dying is all about. You've probably heard the term but probably don't know what it means. This presentation will further explain the information that was in our October 2024 newsletter. Although some of you may prefer not to think or talk about death, including your own, some of us realize it behooves us to learn what options we may have when we are nearing the end of our lives. While modern medicine has succeeded in lengthening our lifespans, we may care more about the quality, not the quantity of our lives. Medical Aid in Dying legislation will again be before our state legislature; it's timely that we learn more about it.

Please bring a dish to share for lunch after the lecture, and a non-perishable food item for the local Food Pantry.

Read and Share Wednesday, Jan. 8 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.

2025
HAPPY NEW YEAR

Pungo-Blackwater Library Programs:



**Monday
Jan. 13
2:30 pm**

Roll in to the 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 by calling 757-385-0150

Puzzle Challenge Wednesday, Jan. 29 10:30 am

Celebrate National Puzzle Day at Pungo-Blackwater Library this winter by participating in a puzzle challenge to see who can finish their puzzle fastest! Compete solo or as part of a team. Adults. Registration is required, call 757-385-0150. Only one registration per team.

Postage Stamp Bracelets Friday Jan 31 3:00 pm

Create a one-of-a-kind jewelry piece for yourself or a loved one at Pungo-Blackwater Library. In this 1-hour program you will decorate bangle bracelets with vintage-styled postage stamp stickers and mod podge. Adults. Registration is required, call 757-385-0150.

New Year's Resolutions

A note from Nancy. While I don't believe New Year's resolutions hold much value, as most are usually forgotten, I would like to suggest that instead we have a New Year's goal, as members of the Senior Resource Center. Can we strive to be kinder, more considerate and more thoughtful of one another? That can apply to our time spent at the center as well in our everyday lives.



We all can probably agree that 2024 was not an easy year for our country and for our world. Many of us wonder and

worry about the kind of world our grandkids and great grandkids will be facing. But we can practice, day to day, making our own little world more pleasant.

One of the things we hear from new visitors and new members at the Senior Resource Center is how friendly we are. If we can share that same spirit with one another, what a wonderful world it will be. All the things we provide, from a simple cup of coffee, special treats, or donated baked goods are meant to be shared by all. If members feel like supporting our efforts, they can donate simple items like paper towels, napkins, plastic storage bags and containers, snacks for volunteers, coffee, candy, etc. But whether they donate an item or not, they are welcome to enjoy whatever treats are offered.

A handful of us do most of the legwork behind the scenes so that you can just attend a lecture or special event and enjoy yourselves, but we welcome additional worker bees who could share some of that legwork. Some of us have

been hustling for most of the 17 years we've been open, so fresh, new blood is needed. You have read about this subject many times in previous newsletters, but it seems no one is paying attention. Those of us who are "doers" would love to share the legwork with others, especially those who may be a few years younger and a bit stronger. I hope we can reestablish some committees that will help with specific tasks, to share the workload. In case you haven't noticed, the SRC doesn't run itself, and we have had no paid Department of Human Services employee for many years.

Volunteers Still Needed



Oh no, not again! We're singing that same

old song again—we simply don't have enough "desk duty" volunteers to assure that the center is open 5 days a week. There were too many uncovered "shifts" in the past few months, which means the door is locked and the phone unanswered. While we continue to beg for new volunteers, very few folks have stepped up to the plate. Yeah, we know you are busy and have lots of things to do, but we bet you could spare 3 ½ hours just one time a month to cover a half day shift at the SRC. 9 a.m. – 12:30pm, or 12:30pm- 4 pm- that's all we ask of you. We've been fortunate that some activity leaders have been willing to cover the phones if no volunteer is on duty, but that means they must interrupt their group activity to answer the phone or greet a visitor. We know the card players will answer the phone, but if too few card players show up to play so they end up going home, what happens then?

There are members who have already been trained, yet they haven't signed up for any

shifts. We'd like to know if there is something we can do differently to lure you into becoming active. We have been very fortunate that we have gained 3 new board members who have more energy and lots of talent, but now we need more energetic phone volunteers.

If you would like to become a volunteer, call the center at 757-385-2175 and leave your name and phone number so that Dianne Greene can set up a training date with you. No fingerprinting or background check is required, just a simple application and a brief orientation. Could you start off your new year by joining the SRC as a badly needed volunteer? We need you! If we can train several new volunteers, we can stop bugging you about the need.

Amazing Program

If you didn't attend the wonderful lecture by Amanda Doggett with the Hampton Roads Wartime Women organization on December 2, you missed an incredible opportunity. She knocked our socks off with her wealth of knowledge and enthusiasm regarding women who served in the military during World War II. She brought along an array of original clothing and gear worn by those brave women, and she wore an authentic uniform. While her group's members don't call themselves reenactors, they bring history alive. We hope she will return with another program. She and her group have participated in programs at the Military Aviation Museum, including spending the night in authentic tents. Check them out on Facebook at Hampton Roads Wartime Women.

Large Print Books

We've mentioned this before, but if you have large print books you no longer want to keep, please donate them to the SRC. We are trying to build a small collection so our members can easily borrow a book.

Many Thanks

We are very grateful for all the items you have donated in the past few months, including:

- New books for Connect With a Wish for young foster children as Christmas gifts.
- Angel Tree gifts for Creeds Elementary School students. This year we provided new clothes and shoes instead of toys, and we collected three presents for each child.
- North Carolina Hurricane Victims-we collected paper goods, clothing, blankets and more. We appreciate Hunt Club Kennel for arranging transportation of our donations to North Carolina. We are no longer collecting as no local firms are providing transportation and the need now is for money to purchase much needed items like generators, propane, etc.
- Stand Up for Kids for homeless youth in Virginia Beach. When we were unable to find any local source to transport a second load of donated items to N.C., we were able to donate warm coats, shirts, pants and ski hats, gloves and socks to this non-profit. You may not be aware, but Virginia Beach does have a homeless youth population.
- Winter hats- Our Crafters for Charity hand-made a huge number of beautiful, one-of-a-kind ski hats that were given to several local charities. Thanks to Gaby for delivering all the items to the non-profits.

Doesn't it make you feel good when you do something for someone else? Some of us may not have much in the way of extra money, but you can still find other ways of providing help to those who are needy.



"If I cannot do great things,
I can do small things in a great way."
- Martin Luther King Jr.

More Kudos

Thanks to **Ena Dawson** and her wonderful family for hosting our annual Holiday Luncheon for a record number of members. What a treat not to have to bring a pot-luck dish! Ena is a very energetic senior at Catholic High, an award-winning Irish dancer (come see her on March 9 at Creeds Elementary performance) and works parttime as well. She spends countless hours contacting local businesses and somehow gets them to provide a ton of great food, door prizes and cash, all to benefit us. Her mom Sarah, dad Jake and grandparents Nancy and Frank Lang, worked hard in our kitchen, setting up and serving an amazing array of food. What a grand time for those of us who attended their luncheon. Thanks to the following businesses and individuals who donated food, goods and money to make our Annual Holiday Luncheon a success: **RBC Homes, Brooklyn Bagels, Blue Pete's, 7-11 in Pungo and Sandbridge, The Bee and the Biscuit, Harris Teeter, Pungo Boys BBQ, Flutterby Soap Company, Blue Dragonfly Farm, Joy Gianvittorio, Kathleen Hughes and Nadine Gilkes.**

Thanks to **Peggy Nelson**, too, for accompanying us while we sang Christmas carols. Despite some grumbling about not wanting to sing, we sounded pretty good!

Thanks, again, to **Rose Doucette**, now a college freshman, and **Gaby Morrison** for hosting our Christmas Day potluck lunch. It makes a huge difference in the lives of those who don't have family nearby to be able to spend time on special holidays at the center, enjoying the food and fellowship.

Thanks to **Eileen Churchill** from Senior Services of Southeastern Virginia (our Area Agency on Aging) for giving us extra hours of

benefits counseling in Oct. and Nov. to assist members in choosing the best medical insurance options. She has saved us many dollars by providing free, unbiased guidance during the yearly Open Enrollment period. She also comes during the rest of the year, on the 3rd Wed. afternoon monthly, by appointment. If you are planning to retire in the near future, you should book an appointment so she can get you off to a good start. Call SRC or stop by to sign up for 2025 sessions.

The Value of Potluck Meals

Speaking of potlucks, the outgoing Surgeon General, Vivek Murthy, is spearheading another phase in his campaign to combat loneliness. His study released in 2023 identified loneliness as a growing public epidemic, one that increases the risk of premature death almost as much as smoking and obesity. One of the report's recommendations was to build a culture of connection, which has led to a new initiative called Project Gather. Its goal is to reintroduce Americans to eating together, in whatever form that takes. Little did we know that we were ahead of the game- we've had potluck gatherings regularly and have found that those communal meals are what seniors seem to really enjoy. Even though it means having to cook or bake a dish to share, the reward of having company to eat with and people to chat with is immeasurable. The food doesn't matter as much as the social bonds that come from sharing the meal. We've also discovered that we have many members who are wonderful cooks, and our guests always rave about the array of delicious home-cooked food we provide. So, bring a friend along to our next potluck and show them how heart-warming it is to break bread together. If you are unable to bring a dish, come on down anyway.

Save the Date

Many of you have busy schedules, so save the following dates for our upcoming programs:

- Wed. Feb. 19 11 a.m. Annual First Responders Appreciation Luncheon
- Sun., March 9 Irish Dancers at Creeds Elementary School Doors open 1:30 pm Performance 2-3 p.m.
- Mon., March 31 11 a.m. Military Aviation Museum Director Keegan Chetwynd will lecture at SRC.

Supporting Our Visiting Performers

We greatly enjoyed the 5th grade chorus from Creeds Elementary School and the group of art students who visited us on Dec. 4. This is an annual event that both the kids and our members enjoy, However, we need to do better than that. The holiday songs sung by the students and directed by their enthusiastic teacher Robin Alexander, are heartwarming and the hand-made Christmas tree decorations are priceless. We were very impressed by how polite the kids were when we served them hot chocolate and a pile of homemade cookies. Please look for the date of their visit next year- usually the first week of December, and plan to attend to show your support.

New Year Wishes

A bright, shiny new year, empty, neat, pristine,
 waiting, ready for us to get it right.
 Another chance to love and forgive.
 Another chance to make a real effort to give
 more than we get.
 Another chance to make a difference.
 A good new year.
 A Happy New Year!
 From www.iphone2lovely.com

Donations

We apologize for omitting these in previous months. Space was limited.

- C.C. Thrasher**-thanks for sending the newsletter which helps me keep in touch, Use as needed
- Barbara Vaughan**- In thanks to the volunteers
- Anonymous**- To be used as needed
- Beth Swanner** – To be used as needed
- Anonymous**- To be used as needed
- Charles G. Small**- To be used as needed
- Thomas Ackiss**- In memory of Don Spitzli
- Kenneth Wilson, Jr.**- In honor of Barbara Henley
- Alex Lewis**- To be used as needed
- Larry Heidelbaugh**- To be used as needed
- Barbara Vaughan**- Thank you to the crafters
- Anonymous**- To be used as needed

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 and help save printing and postage costs.

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			** Happy New Year ** SRC Closed	***8:30 am Board Meeting No Line Dance Classes (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)	 1:00 Game Day (PR Jo-Ann R.)
5	6	7	8	9	10	11
		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.) 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	13	14	15	16	17	18
	2:30 "Game On" at the 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.)	11:00 am Medical Aid in Dying Speaker & Soup Social (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)	 6:00 to 9:00 PM Game Night (PR Rita T.)
19	20	21	22	23	24	25
	10:00-12:00 SRC Crafters for Charity (PR Gaby M) ***Holiday*** Martin Luther King SRC Closed	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)	
26	27	28	29	30	31	
		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.)	***National Puzzle Day*** 10:30 Puzzle Challenge at the PBL, Req Req. (Angie V.)	No Line Dance Classes (PR Rita T) 12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan **12:30 Cards (Card Group PR) *3:00pm Postage Stamp Bracelets at PBL, Req. Req. (Angie V.)	