

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER — JUNE 2025

IN OUR SEVENTEENTH YEAR

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

### **Free Virginia Symphony Concert and Dessert Potluck** Sunday, June 1 2:00-4:00 pm

Don't miss this very special concert. Thanks to a grant from the City of Virginia Beach, the Virginia Symphony will perform for us with a quartet playing Broadway tunes. What a treat, great music for free without having to trek to Sandler Center or Chrysler Hall. The foursome will bring a little culture to the country, and we very much appreciate that they chose us as a site. Be ready to tap your toes and even singalong. Please bring a dessert to share after the concert.

### **Creeds Elementary School Reunion Celebrating 85 Years**

**Friday, June 6 6:00-8:00 pm**

This special celebration is for everyone with connections to Creeds Elementary School. There will be a ceremony from 6:30-7p.m., displays of memorabilia, an array of local food trucks for food purchases, and more. Bring your family and chairs or blankets so you can enjoy a picnic style gathering outside, weather permitting. This grand event will take place rain or shine. Since parking is limited onsite, you can park at the Creeds Ruritan Complex right up the street and school bus shuttles will be available from 5:30-6:15 and 7:15- 8pm. This promises to be a heart-warming event, so come see your old classmates and enjoy the trip down memory lane.



### **Pressed Flower Mason Jar Art**

**Wednesday, June 11 3:00 pm**  
**Pungo- Blackwater**

Celebrate nature's beauty by pressing and drying flowers to decorate mason jars. These delightful containers are great for displaying flowers, candles, string lights and more. Materials will be provided. Adults. Registration is required so call 757-385-0150 to save a seat.

### **Glass Suncatchers Craft** **Friday, June 20 3:00 pm** **Pungo-Blackwater Library**

Bring warmth and light into your home with your own handmade suncatcher. Using small glass tiles, you can create delightful patterns or mosaics to give any space an extra burst of sunlit color. Materials will be provided. Adults. Pre-registration required by calling 757-385-0150.

### **Virginia Beach Adult and Aging Services Lecture and Potluck Lunch**

**Monday, June 23 11:00 am**

Tonya Carroll, Family Services Specialist III and Ruth Brown, Family Services Specialist II of the Virginia Beach Department of Human Services, Adult and Aging Division, will be leading an interactive presentation on Division programs: Adult Protective Services, Intake, Adult Foster Care, Companion, Long Term Services and Supports, and Guardianship, as well as a discussion on adult abuse, neglect, and exploitation. The Adult and Aging Services Unit of the Virginia Beach Department of

Human Services provides an array of services, so take this opportunity to learn all about them. June is Elder Abuse Awareness Month and June 15 is also World Elder Abuse Awareness Day, so it's timely for all of us to learn how to recognize such abuse and what to do about your concerns. Please bring a dish to share for lunch and a non-perishable food item for the charity Food Pantry.

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## Elder Abuse

It is important that we learn about adult abuse and become educated about what we can do if we suspect someone is being abused, neglected, or exploited. The adage "see something, do something" applies to abuse- if you suspect a family member or friend is being abused, call Virginia Beach Department of Human Services weekdays at 757-385-3550 or after hours and on weekends, call the State of Virginia at 1-888-832-3858. Adult Protective Services establishes and/or strengthens appropriate family and social support systems to protect adults at risk of abuse, neglect, or exploitation and to prevent the occurrence of abuse, neglect, or exploitation. Keep in mind that if you call with a concern, and your report is accepted, your name remains anonymous so the victim and alleged abuser will not have access to your name. You are not expected to prove the abuse, but rather the Adult Protection Unit will investigate and determine if there is indeed any abuse occurring. To qualify for an adult abuse investigation, the alleged victim must be at least 60 years old, or 18-59 and incapacitated.

Adult Protective Services also includes the provision of case management to alleviate the risk of abuse, neglect or exploitation. If appropriate and available, APS may include the provision of arrangement for home-based care, transportation, adult day services, meal services, legal proceedings and other activities to protect the adult.

## End of the School Year Friday, June 13

Keep in mind that the Virginia Beach public school term ends June 13. Creeds Elementary will hold its 5<sup>th</sup> grade graduation that morning, so there will be an overflow of traffic. Be prepared for a packed parking lot and avoid going to the SRC during that morning. We wish all the students a safe and happy summer.

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## No Benefits Counseling

**Appointments in June.** Check the next newsletter to see if there will be appointments available in July.

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## Farmers Market Hoedown June Schedule

These free Friday night concerts are held rain or shine at the Farmers Market at the intersection of Princess Anne Road and Dam Neck Roads, from 7-10p.m. Bring your own chair or blanket and enjoy the great music

<b>June 6</b>	The Dallas Band
<b>June 13</b>	Pendulum
<b>June 20</b>	The Country Rockers
<b>June 27</b>	Timeline

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## ICE Medical Standard

Another very useful app on your phone is ICE Medical Standard. You can use it to list your emergency contacts (names and phone numbers) as well as additional information if you choose, like medical conditions, allergies, etc. It's free. Keep in mind the SRC also provides free File of Life packets that can store the same vital information regarding your health status, medications, etc., so that rescue squad and hospital personnel can quickly address your needs.

## Free Drug Disposal Bags

We have free drug disposal bags at the Senior Resource Center. Thanks to Sentara, you can dispose of unwanted medications at home. It's a simple process to use- just put the medication/s in the bag, add water, and the medicines will be deactivated.

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## Cinco De Mayo Lunch

If you missed our first ever Cinco De Mayo potluck on May 5, you skipped a grand time. Thanks to Anne Bright, we enjoyed an unbelievable spread of food. Anne outdid herself, providing so much of the meal, including two remarkable desserts. We truly enjoyed ourselves and agreed we will need to make this gathering an annual tradition. Thank you, Anne, for making it such a success!

We are repeating the following announcement to make sure everyone has read it and will understand that they will not receive a letter of receipt of a donation every time a donation is made but will receive one at the end of the year.

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## Tax Exempt Statements for Senior Resource Center Donations

Beginning the calendar year 2025, "Tax Exempt Statements for Senior Resource Center (SRC) Donations" will be provided to members annually by January 31st for the prior year contributions. Sending your donation statement annually will ensure your donations have the correct amount for your tax filings. Furthermore, contributors will not have to maintain their own records or add the amounts of donations for tax filing.

Donators will be recognized in the monthly newsletter. In addition, members may call the

Treasurer, Catherine Heidlebaugh, at any time to inquire about their donations at 757-619-2589, or leave a message at the Senior Resource Center at 757-385-2175. The Treasurer will reply as soon as possible.

Thank you to the SRC Board of Directors for approving this change. The change will help in the management of treasurer's duties and save money on paper supplies and postage.

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## New at Virginia Beach Libraries

You can now borrow **Stay Sharp Kits** for use by people with memory loss due to dementia, such as Alzheimer's disease, or other memory disorders. The kits are also a great idea for any adult looking for ways to exercise their brain! A variety of topics are available, from gardening to football. Ask a staff member to check one out or search the online catalog for "Stay Sharp Kits" to see all available kits. On the library catalog site [www.vbpl.ent.sirsi.net](http://www.vbpl.ent.sirsi.net), click on "everything", "all fields" and type in "stay sharp kits.". Pungo-Blackwater Library has a kit about sports and fishing and Princess Anne Library has one about gardens and plants. Other libraries each have one kit regarding a different subject.

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## Sentara Advance Care Planning Booklet

If you would like to learn more about Advance Directives, pick up a free booklet at the center. It includes a legal version of an Advance Directive which you can complete without any lawyer's involvement. At the April lecture, we learned how important it is for all of us to execute this kind of legal document, so that our wishes for our end-of-life preferences are in writing.

## How to Help a Grieving Person

As we age, we lose more and more family and friends, and we often don't know what to say or do. Therapist David Kessler has noted the following as some needs of a grieving person:

- To have their pain and feelings witnessed and acknowledged
- To express their feelings and let them out
- To relieve any feelings of guilt
- To say the deceased's name and talk about them
- To not be told to "get over it" or "it's time to move"

He advises that just your mere presence as a friend or relative can be the best thing you can offer, with an ear open and willing to listen, and the ability to just sit in silence if that is what is needed.

## Trouble Swallowing Pills?

Speech Language Pathologist Adria Thompson recommends these tricks to help if you or your loved one is having difficulty swallowing pills:

1. Take a drink of water **before** taking a pill, not just after.
2. Tilt your head head/chin downward, not upward.
3. Put the pill in applesauce or yogurt.
4. Purchase over the counter pill lubricant. This comes in spray and gel form and can be purchased in any drugstore.
5. If swallowing problems continue or increase, ask your doctor for a referral to a speech language pathologist.

## Postage Price Going Up

In case you hadn't heard, the cost for U. S. postage for first class mail will be going up as of July 13, from \$.73 to & \$.78, so be sure to stock up on Forever stamps before then.

## New City of Virginia Beach Speakers' Bureau

The City now has staff experts available to share their expertise with community groups free of charge. They cover a wide range of topics from traffic to history, marine life and public safety. They will help the community and businesses learn more about the City's organization, operations, staff and issues. The City hopes this new initiative will help to educate residents and businesses by connecting them to the experts. The Senior Resource Center will certainly be able to use this new resource, and you can also request a speaker for your own group or program by calling 757-385-6275 or online at [www.virginiabeach.gov/speakersbureau](http://www.virginiabeach.gov/speakersbureau)

## Senior Resource Center Gardens and Butterfly Habitat

Next time you visit the center, take time to walk around the building and enjoy all the beautiful plantings. Thanks to Gaby and Tom Morrison's hard work, our gardens are blooming. From planting donated bulbs, supplying butterfly friendly plants and to keeping the flowers watered, they have done a remarkable job. What a difference they have made in our building's curb appeal with their knowledge and ongoing labor. Also, don't forget to take time to sit on the benches in our front yard and enjoy the scenery.

## Donations

Kate O'Klein  
Teresa Honeycutt  
Pig and Snacks

Denise Stant  
Sylvia Cover



## SRC on Facebook at Vbsrc Creeds

If you go on Facebook, be sure to join the center's Facebook page. We are listed as Vbsrc Creeds. Thanks to Gaby Morrison's hard work, our number of friends has grown so much, and Gaby's daily food for thought posts has become very popular.

## Thanks to Our "First Lady" Rae Williams

At our April Volunteer Appreciation Luncheon we honored Johnnie Williams for his many years as President of the Senior Resource Center. We also need to thank his sweet wife, Rae, for standing by his side and supporting him all these years. Rae has been a vital volunteer at the SRC too.

## Donations of Items to the SRC

If you have items you are discarding and think the center might like to have them, please call the center at 757-385-2175 before you drop them off. WE will let you know if we can or cannot accept your offer. We have very limited storage space and simply can't accept everything.

## Durable Medical Equipment Needed-

Speaking of donations, the Virginia Beach Health Department is seeking ongoing donations of equipment that is needed for Virginia Beach residents who become clients in the Aging in Place program. This grant program between the Virginia Beach Fire Department, Emergency Services and Health Department serves those residents who experience frequent falls at home, requiring the assistance

of the Fire Department and Rescue Squad. Items sought are wheelchairs, power wheelchairs and scooters, hospital beds, Hoyer lifts, portable and threshold ramps, crutches, canes, walkers/rollators and bed rails. If you have any of these items, clean and in useable condition, call the center at 757-385-2175 and leave your name and phone number, ask that your message be given to Nancy Allan, and she will contact you to discuss your possible donation.

## Silent, Strong Dad

*By Karen K. Boyer in honor of Father's Day*

He never looks for praises.  
He's never one to boast.  
He just goes on quietly working  
For those he loves the most.  
His dreams are seldom spoken.  
His wants are very few,  
And most of the time his worries  
Will go unspoken, too.  
He's there...a firm foundation  
Through all our storms of life,  
A sturdy hand to hold onto  
In times of stress and strife.  
A true friend we can turn to  
When times are good or bad.  
One of our greatest blessings,  
The man that we call Dad.

### 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](http://www.vbsrc.com) and help save printing and postage costs.

# June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
2:00 pm - 4:00 pm Virginia Symphony Orchestra Broadway Hits (PR Sharon P) Dessert Potluck		9:30 Exercise (PR R. Joyner) *10:45 -12:30 Euchre (PR Marcia H.) **12:30 Cards (Card Group PR) ***4:00 Bingo (PR Jim S.)	10:30 - 12:00 Read & Share (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 **12:30 Cards (PR Card Grp) ***6:00 - 8:00 pm Creeds Elementary 85th Anniversary @Creeds Elementary	  1:00 Game Day (PR Jo-Ann R.)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	***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) ***4:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley)  **4:00 pm, Pressed flower Mason Jar Art, PBL, Reg. Req. (PR Angie V)	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 S **12:30 Cards (Card Group PR) ***Last Day of School***	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Fathers Day	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) ***4:00 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 Class  **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Writing: Jan Donovan **12:30 Cards (Card Group PR) **3:00 pm, Glass Suncatchers, PBL, Reg. Req. (PR Angie V)	  5:00 to 8:00 PM Game Night (PR Rita T.)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	11:00 am VB Adult & Aging Svcs Ruth Brown 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) ***4:00 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 **12:30 Cards (Card Group PR)	
<b>29</b>	<b>30</b>					

Notes: We will not be having Benefis Counseling appointments available for June 2025. Thank You

JUNE 06th Creeds Elementary 85th Anniversary Celebration from 6:00 pm to 8:00 pm. Come help celebrate!!!

Please Note: June 13th, 2025 is the Last Day of School, The SRC Parking Lot will be busy and full possibly. Please plan accordingly.