

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – MAY 2025

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

Cinco de Mayo Potluck Luncheon

Monday, May 5 11:30 am

On May 5th, we will celebrate Cinco de Mayo, the anniversary of the Mexican army's defeat of the French army led by Napoleon III in 1862 leading to home rule of Mexico rather than European control. There is no program planned; we are just going to enjoy fellowship and Mexican food! There will be a sign-up sheet for dishes/ ingredients that you would like to share. Please come out and enjoy the camaraderie as we honor our Southern neighbors and community members.

Artificial Intelligence (AI) Literacy Lecture

Monday, May 12 10:00-11:30am

Artificial intelligence (AI) is becoming more prominent and it's important to explore how it is used today. We will also get hands-on practice identifying AI-generated content and gather some resources to keep us AI literate. We hear this term, AI, frequently now and it's time we learned more about it. This program, at the SRC, is for adults only and pre-registration is required, so call 757-385-0150 to sign up.

Zen Doodle

Friday, May 23 3:00-4:00 pm

Lose yourself in the fun and meditative process of Zen doodling in this beginner-level program at the SRC. Learn the basic strokes and designs and create your own magical, one-of-a-kind dragon. Adults. Registration is required. 757-385-0150

Let's Get Journaling!

Wednesday, May 5 & 28 4:00-5:00 pm
Pungo-Blackwater Library

Journaling is not only about recording your thoughts and feelings on paper. From bullet journals to shadow work journals, there are many journaling styles that can provide guidance, organization and enrichment to your life. Join us as we discuss the many types of journals and how they can be incorporated into your daily routine. For adults and registration is required. 757-385-0150

Creeds Elementary School Musical, Cinderella

Thursday, May 15 1:30 pm

The annual Creeds Elementary musical production will be performed for students and you are invited to their free performance. It will be held in the school cafeteria. It's always fun to see the talented kids and their amazing music teacher, Robyn Alexander, so take advantage of this great opportunity.

Mayor's Commission on Aging Annual Senior Showcase

Wednesday, May 28 9:00 am-noon

This yearly event is held at the Princess Anne Recreation Center located at 1400 Nimmo Parkway, VB 23456. It's free, but you do need to make a reservation to be admitted to the event and obtain a free lunch. There will be lots of vendor tables, resource information, and door prizes. The Senior Resource Center will have a display table there, so be sure to look

for us. Call 311 beginning April 15 to register. We'll advise you of the Eventbrite link to register online when it becomes available.

New Square Wood Card Tables

Thanks to the efforts of Johnnie Williams, Kathryn Thoemke and Tom Morrison, our sturdy new tables are now in place. Our Board approved the purchase, and we hope that members who use the tables regularly will continue to donate towards this major expense. We are extremely grateful for the donations we received in March, in response to our plea. Donations in cash can be put in the "Pig" on the table to your right as you enter the center, or by check, made out to SRC, and given to the desk duty volunteer. Keep in mind that we don't charge membership fees or collect dues, so your ongoing donations are vital. We cannot continue as a program without your help.

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.

Farmers Market Hoedowns

We forgot to announce the opening of the 2025 Hoedown Schedule in our April newsletter. These free weekly outdoor concerts are held every Friday night from 7-10 pm. It is recommended that you bring a lawn chair or blanket. You can choose just to listen to the great music, but it's even more fun if you get in the spirit and join the line dancers. We'll post the names of the bands that are scheduled in every newsletter through November. For those of you unfamiliar with the Farmers Market, it is located at 3640 Dam Neck Road, right across from Landstown Shopping Center and at the intersection of Dam Neck and Princess Anne Roads. Come on down!

May 2	Dallas Band
May 9	Timeline
May 16	Country Rebels
May 23	The Country Rockers
May 30	Timeline

Save these Dates:

Sunday, June 1, 2:00 pm Members of the Virginia Symphony Orchestra will be playing at SRC. A symphony quartet will play Broadway tunes and a dessert social will follow the performance.

Creeds 85th School Reunion Friday June 6, 6-8 pm Creeds Elementary will be celebrating this milestone, and they hope many of us will attend. Whether you are alumni, have grandkids attending now or just live in this school district, there will be lots to see, hear and eat. Food trucks will be available.

Virginia Beach Public Libraries Free Resources

Did you know that Virginia Beach Public Libraries provides free downloadable legal forms on the library's website? Go to <https://libraries.virginia-beach.gov>, and on the menu click on Research and Learn and then click on Resources and Databases. The database titled "Legal Forms" includes forms for Wills & Estates, Advance Medical Directives, Power of Attorney, Name Change, Insurance, Civil Action, and so much more. The Wahab Public Law Library, located in the City Courthouse, 2425 Courthouse Drive, is also available Monday-Friday from 8:30am-4:30 pm. for assistance in finding the correct legal forms for your needs.

Water Fountain Use

Please remember we have a filtered water fountain in the front hall, so get into the habit of bringing your own water cup and let's cut down on the use of plastic bottles.

Ever Increasing Scams

According to an article by Chris Morris in the *AARP March/April 2025 Bulletin*, thanks to artificial Intelligence, scams have a new level of sophistication so that what seems to be real images and voices can be created. The FBI issued a warning in December 2024 cautioning the public not to automatically trust something that might seem real. The AI created enhancements can fool even the experts!

AI (Artificial Intelligence) can be used to replicate a voice almost perfectly, enough to deceive a loved one. The "grandparent scheme", where a scam caller pretends to be your grandchild in desperate need of your help, is still prevalent. To avoid being fooled, it is suggested you and your family agree on a code word that the grandchild would need to use for

you to continue the phone call. If that code word isn't spoken, then the grandparent needs to immediately hang up and call the relative to see what's really going on. Be aware of AI's ability to create photographs that appear very real to make you believe their fabricated story. It is very hard to tell if the photo is fake. Fake videos can also be created to make the grandparents think they are face timing or video calling with their relative.

It's important to be very suspicious of emails or phone calls that are requesting money or gift cards so try to stay on your toes and think before you fall for a scam- you'll almost never get your money back once scammers have gotten what they want. If you are a victim of a scam, you can call the Federal Trade Commission at 1-877-382-4357 or go online to report it at www.reportfraud.ftc.gov. You can also call the AARP Fraud Watch Network Helpline at 1-877-908-3360 for assistance and guidance.

Be sure to attend our May 12 lecture about AI so you can become better prepared to protect yourself.

SRC Books for Sale

Two books are still available for purchase: *In Remembrance-Princess Anne County Graves- Fields, Farms and Churches* and *Glimpses of Down Country-Southern Princess Anne County* (2013). Each book is \$22, payable in cash or by check made out to Glimpses. Whether you a Princess Anne native or a "come here," you'll find these books of great interest.

What Happens to Your Brain When You Retire

(adapted from *New York Times* Article, March 26, 2025, Author unnamed) For the millions of Americans who retire each year, stopping work might seem like a well-deserved break, but it can also precipitate big changes in brain health,

including an increased risk of cognitive decline and depression.

“Before retiring, you’re getting up in the morning, socializing with co-workers and dealing with the mental challenges of your job,” said Ross Andel, a professor at Arizona State University who studies cognitive aging and retirement. “All of a sudden, after 50 years, you lose that routine.” But retirement can also be an opportunity for improving cognitive and mental health, with newfound time to socialize and take on hobbies. And even if you have started to experience some decline, there’s strong evidence that your brain can bounce back from periods of inactivity, even in older age,

Research has also found a link between retirement and the onset of depression. Suddenly going from a “busy work life to a lack of engagement can exacerbate feelings of worthlessness, low mood, sadness” and “severe depressive symptoms and memory loss,” said Xi Chen, an associate professor of public health at Yale University who studies aging. Retirement can be an occasion for growth instead of decline, the experts said. The key is to lay some groundwork ahead of time.

Don’t wait for retirement to plan for retirement. “The plan cannot be, ‘I worked so hard for so long that I’m going to take this long vacation and then I’m going to figure it out,’” Dr. Andel said. “ Ideally, you should introduce new mentally and physically engaging routines a couple of years before you stop working,” said Dr. Alison Moore, chief of the geriatrics, gerontology and palliative care division at the University of California, San Diego.” Even if you don’t start them right away, you should make the plan ahead of time. Delaying those decisions, like whether to spend half the year traveling until after you’ve retired, makes it harder to take the plunge,” she said. The goal is to “pivot from one type of daily life to another,” she said. “Being

open to new experiences before you make this big life change can kind of prep you.”

Find a new sense of purpose

“People may have felt their purpose was contributing through work, and when that’s taken away, they have to invent something else to take its place,” said John Beard, a professor of productive aging at Columbia University Medical Center. Studies suggest that people with a sense of purpose tend to experience less age-related cognitive decline. Volunteer work, in particular, can help, Dr. Chen said. Research has found that people who regularly volunteer in retirement show slower rates of biological aging, and they can head off cognitive decline by staying active and engaged, without the stress of full-time employment.

Commit to staying social. “It’s common for people to lose social connections during retirement” said David Richter, a professor of survey research in the department of educational science and psychology at Freie Universität Berlin. “We have rather solid proof that at first social contacts are reduced, and then cognition declines,” he said. To stave off the depression, cognitive decline and early mortality that can come with social isolation, Dr. Richter recommended that retirees replace workplace socializing with routine in-person or virtual gatherings. Not all socializing is created equal, he added. The best activities are ones that challenge your mind and foster meaningful discussions with others, like book clubs. “Listening to the radio, watching TV is not the same,” he said. “We really need to have this back and forth of a conversation.”

The above article should provide food for thought for those of you who have recently retired and hopefully will encourage you to become one of SRC’s volunteers.

Poll Workers Needed We are asking residents of the Creeds/Back Bay/Blackwater areas to please consider becoming election officials (poll workers) to work the polls on election days. There are three precincts in your area, and they are all understaffed for elections. These are: Precinct 032 at Oak Grove Baptist Church; Precinct 033 at Back Bay Christian Assembly and Precinct 034 at Blackwater Fire Station.

Election Officials are required to attend a 3-hr training class prior to working each election. The pay for this training is \$25. In addition, \$240 is paid for working on election day, with payment sent 4-6 weeks after the election. New election officials are also required to attend a new member orientation class to receive basic information regarding working the polls.

Election officials arrive at the polls on election day at 5:00 a.m. and work throughout the day learning and performing various duties. The polls close at 7:00 p.m. All officials exit together once all voters have left, all paperwork and tallies are completed, supplies are properly stored, and space is cleared of all voting equipment.

Please either visit www.voter.virginiabeach.gov or our office at 2449 Princess Anne Road, at the Municipal Center for more information. You may also call 757-385-8683. Our next election is June 17, 2025. We will be accepting the required paperwork from March 1- April 21. Thank you for your consideration to help your community, our office, and the City!

First Responders Annual Appreciation Luncheon Rescheduled We had to postpone our special luncheon due to the expected snowfall. It is now scheduled for **Wednesday, October 8th at 11:30am.**

Donations for March

- Charles Small
- Sharon Prescott
- Louis Cullipher
- Larry Heidlebaugh
- Betty Whitehurst- in memory of Merious Whitehurst and Joyce Meiggs
- Beth Swanner
- Phyllis Vinson



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



<p>President Sharon Prescott 757 630-2660</p> <p>Vice President Johnnie Williams 757 470-7186</p> <p>Treasurer Catherine Heidlebaugh 757 619-2589</p>	<p style="text-align: center;">Hours of Operation Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p>
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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.

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				*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.)
4	5	6	7	8	9	10
	11:30 am "Cinco De Mayo" 1st Taco Potluck!!! (PR Anne Bright)	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.)	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)	
11	12	13	14	15	16	17
Mothers Day Holiday	10-1130 am "AI Literacy" *No Lunch or Potluck" (PR Kathryn T) **2:30 "Game On" at PBL, Reg Req. (757) 385-0150 ***6:00-8:00 pm Creeds Athletic Assoc.	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)	 5:00 to 8:00 PM Game Night (PR Rita T.)
18	19	20	21	22	23	24
	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.)	10:00 am Walk & Talk 30-45 min Walk, Reg. Req., Meet @ Munden Pt Park (PR Kathryn T) *CREEDS BLOOD DRIVE @Creeds Elementary School	No Line Dancing **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Writing: Jan Donovan Conversations: Rita Jones **12:30 Cards (Card Group PR) **3:00 pm Zen Doodle, @SRC, Reg. Req. (PR Angie V)	
25	26	27	28	29	30	31
	Memorial Day Holiday	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.)	9-12 PA REC CENTER *1:00 History (PR B. Henley) **1:00 - 4:00 pm Medicare Benefits Counseling 1:1 ***4:00-5:00 pm Lets Get Journaling, PBL, Reg Req.	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)	

Notes:
SENIOR SHOWCASE on May 28th, 2025 at the Princess Anne Recreation Center, from 9 am to 12 pm.