

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – SEPTEMBER 2025

IN OUR SEVENTEENTH YEAR

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

### Caregiving Book

Lecture and Potluck Lunch

Monday, Sept. 22 11:00 am, SRC

A Caregiver's Memoir of Love,  
Friendship, and Final Wishes

Barbara Twine

Barbara Twine, author of the book, *I'll See You in the Mirror*, will tell us about her experience taking care of her terminally ill uncle. She embarked on a caregiving journey that transformed her life. She helped him fulfill his one final wish: to spend his remaining days surrounded by his dear friends. Through laughter, tears, and shared memories, Barbara and her Uncle Clinton navigated the bittersweet reality of his illness, finding solace in the presence of those that matter most. This memoir is a testament to the power of friendship, the strength of family, and the enduring legacy of a life well-lived. Join Barbara as she discovers the true meaning of caregiving, the importance of honoring last wishes, and the beauty of living fully in each precious moment.

Barbara Twine is originally from New Orleans but now lives in Virginia Beach. Barbara brings warmth, humor, and emotional honesty to her storytelling as she recounts the final days of a man who touched countless lives with his wit, charm, and deep love for his friends. This memoir, her debut book, is her tribute not only to her uncle, but to all caregivers navigating love and loss with courage and compassion.

### Pungo-Blackwater Library

**Programs**- take note whether program will be held at SRC or at the library, and if pre-registration is required or not.

### Read and Share

Wednesday, Sept. 3 10:30 am, 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. Registration is not required. Held every first Wednesday.

### Walk and Talk

Wednesday, Sept. 17 10:00 am

Munden Point Park

Engage your body and your mind! Join us for a monthly walk around beautiful Munden Point Park while enjoying a casual chat about popular books. Talk about titles you like and hear what others enjoy. Walk will last 30-45 minutes. Wear comfortable shoes and remember your water. Registration is required so call 757-385-0150. The park is located at 2001 Pefley Ln., VB 23457

### Gyotaku Fish Printing

Friday, Sept 26 3:00 pm

Pungo-Blackwater Library.

Gyotaku is the traditional Japanese method of printing fish that dates back to the mid-1800s. Learn how to create beautiful fish prints with ink, brayer, paper, and soft fish replicas. Registration is required. Call 757-385-0150.

### Diabetes Decoders

Saturday, Sept. 27 11:00 am, SRC

Join Dr. Frank Lavernia, a licensed internal medicine physician and diabetes expert, as he discusses practical, evidence-based guidance on preventing and managing diabetes. Registration is not required. Bring a low-carb snack to share.

## Scarecrow Clothing Needed

Pungo-Blackwater will again be hosting scarecrow decorating craft classes on Sept. 27 and needs donations of clothing for the scarecrows. They welcome used items including clothes, hats, accessories and costumes. Adult and children's sizes are needed, in all sizes. You can drop off your donation at the library or at the SRC, no later than Wed., Sept. 24.

## Marsh Restoration in Back Bay

Unfortunately, the much-anticipated flood abatement project for our area has hit a snag. This project will rebuild marshes which have severely eroded over the years in Back Bay, allowing the water to blow up into the Bay quickly when we get strong winds from the south. By restoring the marshes, it is expected that the water will be slowed considerably, thus allowing time for the wind to shift and flooding to be avoided.

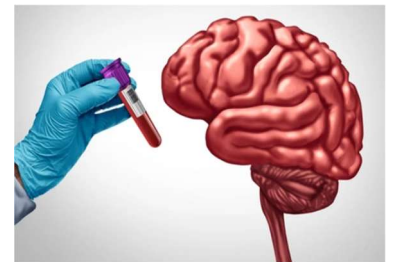
In order to rebuild the marshes, a permit is required to allow the construction. When the area was examined for the permit, evidence of submerged aquatic vegetation (SAV) was found. Regulations would not allow a permit to be granted since the marsh filling might damage the SAV growth. So that a permit can be granted, the City is asking that, in its next session, the General Assembly will allow a carve-out of the area to allow it to be exempted from the conflicting regulation. Since this is the best hope for flood relief that has been identified in the extensive studies done by the City, we hope that this exemption can be granted. "Sunny Day Flooding" is a unique situation and is difficult to understand. We hope that the problem can be overcome so we can go forward with this extremely important project.

## Here We Go Again

We have run out of ideas regarding the need for new volunteers. In August, there were several times when there was no volunteer on duty, so the phone went unanswered, and the door was locked. How sad! We have very frequently asked you to consider volunteering to be a "desk duty" volunteer, but we have had very little response. There are 720 hours in a 30-day month. Asking you to give up just 3 ½ of those hours seems like a reasonable request. Covering desk duty allows you to read a book, do a crossword puzzle, work on the jigsaw puzzle that's always in progress, go on your phone to check your Facebook posts, or whatever. It simply means being there to answer the phone and greet visitors. Easy, peasy! It does require a brief orientation just to become familiar with the center and our phone system, but there is no background check required and no test to take. Won't you please be the one to step up to the plate and help us to remain open? We truly need your help.

## New Blood Test for Alzheimer's

The FDA recently approved the very first blood test that can help doctors diagnose the disease in some



patients. The test, called Lumipulse, can detect abnormal clumps of protein (amyloid plaques) in the brain that can disrupt brain function. Before this test, doctors only were able to use PET scans and spinal fluid tests. The test is to be used only for those patients who are 55 years of age or older who are showing signs or symptoms of the disease. With an earlier diagnosis of Alzheimer's, the hope is that medicines that may help to slow the progression of the disease can be prescribed.

# Food for Thought

When you're feeling overwhelmed,  
And life is putting you to the test,  
Find some solace away from routine  
Where you can take some rest.

Things can wait until tomorrow.  
No need to hurry or rush.  
Relax into a peaceful rhythm,  
An atmosphere of hush.  
Let the birds sing you a lullaby  
As the leaves rustle on the trees  
Be soothed by the gentle hum  
Of the buzzing of passing bees.

And don't for a minute, feel guilty  
For using this day to retreat,  
In rest there is some sanctuary  
You are not admitting defeat.  
You are simply just recharging  
So, you can excel at your best  
Everything will fit into place  
When you've had a little rest.  
*From Facebook Serendipity Corner C.E.  
Coombes*

# Oak Grove Baptist Church Craft Fair

**Saturday, Sept. 13 9:00 am-3:00 pm**

This annual event is at 691 Princess Anne Rd., VB 23457. The Senior Resource Center will have a table there and we will be selling the two books produced by our history group. Come on down and say hi.



# Farmers Market Friday Night Hoedowns

These free concerts are held every Friday night, from April through October at the Farmers Market, located at 3640 Dam Neck Road, at the intersection of Princess Anne and Dam Neck Roads, across from Landstown Shopping Center. The concerts are held rain or shine, from 7-9 p.m., and line dancers are welcome to join in. It's suggested that you bring your own blanket or chair.

Sept. 5     The Dallas Band

Sept. 12 The Country Rockers

## Sept. 19 Timeline

Sept. 26 The Country Rockers

## Help SRC Recycle

Just a friendly reminder that we collect used cell phones for Samaritan House, eyeglasses and hearing aids for the Lions Club, used towels and blankets for Virginia Beach Animal Control and non-perishable food items for the nearest food pantry at Nimmo United Methodist Church. We also have a large jigsaw puzzle collection and are building our own library, so feel free to donate or borrow these items. If you have any kind of larger item you want to donate, please contact us first as we have very limited space. Don't forget we also have a paper shredder for your use, as well as a filtered-water fountain- so there's no need to ask for a plastic bottle of water.

## Who's Got Sequence?

Did anyone borrow the board game Sequence from the center? It was recently noted that it's missing and some folks at game night had wanted to play it. If by chance you have it at home, can you please return it? Thanks very much.

## Learning Resilience

According to a recent article in *AARP The Magazine*, it's never too late to learn how to improve your ability to withstand the tough times you may encounter in your life. One study found that participating in community activities, programs that encourage social engagement, including volunteering, can foster a sense of purpose and responsibility, while reducing worry and stress. You may not become an extrovert, but you can stretch your capabilities by trying new things, making new friends and challenging yourself. As you age, you can learn to adapt and build resilience reserves to draw on when you hit a rough spot. Give it a try.

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## Connect With a Wish School Supply Drive

Thank you to everyone who generously donated backpacks and school supplies for local foster kids. Thanks, too to the Crafters for Charity gals who sewed over 40 ditty bags and filled them with school supplies. Connect With a Wish provided 400+ backpacks with all the goodies inside, so we helped make a lot of foster kids and their families happy.

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## Free Tech Help

Are you ready to tear your hair out because you can't figure out why your printer isn't printing, The makers of ChatGPT just rolled out the Tech Support Advisor. It's like having your own personal IT advisor available anytime, day or night. You just type in your question in plain English and get clear, step-by-step help. This new system doesn't make you feel dumb or flustered, it just helps to solve your problem, like what is the cloud? It also can help you learn about things, so you can ask what a term means. Just go online to: [www.chatgpt.com](http://www.chatgpt.com) and find the help you need for free.

## Yet Another Scam

The FBI is waving another red flag about a new scam. Scammers are impersonating health fraud investigators to steal sensitive information. They may contact an individual or a health care provider and try to obtain protected health information, medical records, and personal financial details. They will text, email or call you asking for health information or offer fake reimbursements. Don't fall for this- it's all phishing designed to use your medical ID for someone or someone else, along with stealing your money. Phishing is a cybercrime that involves deceiving people into revealing sensitive, personal information, gaining access to financial accounts or installing malware. Phishing attacks can take many forms, including emails, text messages, phone calls and social media posts. Malware is short for malicious software and refers to any intrusive software developed by cybercriminals(hackers) to steal data and damage or destroy computers and computer systems. If you want to receive information about issues like this, you can sign up for a newsletter at [www.komando.com](http://www.komando.com).

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## Home and Auto Warranties

One of our members mentioned that she receives at least one notice per week warning her that her home warranty may be expiring or is about to be cancelled. Most of us have received repeated junk mail like this regarding our home or automobile. We most likely never had such a warranty to start, but the notice makes it sound like we're headed for trouble if we don't respond and call the toll-free phone number. If you read the fine print at the bottom of the letter about home warranty (printed on pink paper no less) it says, "Not all consumers have previous coverage."

While it is true that some homeowners have been advised by their homeowners' insurance provider that policy will not be renewed, it is



because some insurance companies have stopped providing home insurance. This is totally different from “home warranties,” so don’t be confused by those bothersome mailings and just throw them away. Don’t ever give your credit card numbers over the phone unless you initiate the call and are knowingly ordering something you know is legitimate.

## Free Movies from Our Public Library

Did you know you can access movies for free through the City of Virginia Beach Public Library system? It’s called Kanopy. You can create an account using your library card number. New movies are added often. Online go to: [www.libraries.virginia-beach.gov](http://www.libraries.virginia-beach.gov). Enter “Kanopy” in the search bar and then click on FAQ’s. A nice free perk.

## Cognitive Offloading

This fancy term refers to the process of reducing the amount of mental clutter and stress by using external resources. Simply put, it means taking the ideas swirling around in your brain and putting those thoughts down on paper. This doesn’t mean journaling or keeping a diary but rather creating a simple written to-do list. According to Jason Aten (*Virginian-Pilot* August 10, 2025) it helps to end your day by writing down the tasks you hope to accomplish the following day. He suggests keeping a notepad or pile of index cards by your bed so you can easily make that list before going to sleep. Your brain then somehow knows it can relax, and you can fall asleep more easily. Even when we’re retired and supposedly have more time on our hands, most of us still have errands to run and tasks to accomplish, so this simple method may help you accomplish more and stress less.

## DONATIONS

Kenny and Catherine Davis

Arlene Landon

Beth Swanner

Crafters for Charity



### 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.

# September 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>
	****Labor Day**** Federal Holiday SRC is 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.)	10:30-12:00 Read & Share (PR Angie V.)	*8:30 am BOARD MEETING **Line Dance (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 Friday Writers Group  **12:30 Cards (Card Group PR)	  1:00 Game Day (PR Jo-Ann R.)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</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) ***1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley)	Line Dance (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 Friday Writers Group  **12:30 Cards (Card Group PR)	Craft show - Oak Grove Baptist Church 9:00-3:00
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	10:00-12:00 SRC Crafters for Charity Hats & Warm Gear Pocket Pals (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	No Line Dancing Classes  **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Friday Writers Group  **12:30 Cards (Card Group PR)	  5:00 to 8:00 PM Game Night (PR Rita T.)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	11:00 Book Club Lecture Barbara Twine @SRC I'll See You in the Mirror Potluck to Share (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.)	1:00 History (PR B. Henley) **1:00 - 4:00 pm Medicare Benefits Counseling 1:1 By Appointment (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 Friday Writers Group **12:30 Cards (Card Group PR) 3:00 pm Fish Printing,PBL, Reg, Req, (PR Angie V)	11:00 am Diabetes Decoded @ SRC Dr. Lavernia Light refreshments served afterwards (PR Sharon P)
<b>28</b>	<b>29</b>	<b>30</b>				
		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.)				

Notes: Happy Labor Day!!

The Pungo-Blackwater Library is seeking donations for their annual scarecrow building workshop. Items to be collected include clothes, hats, accessories, and costumes. Donations will be accepted until Wednesday September 24th.