

SENIOR RESOURCE CENTER, INC.

NEWSLETTER — FEBRUARY 2026

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

Jim Bright Memorial Valentine's Day Brunch

Saturday, Feb. 14 10:00am-12 noon

In honor of Valentine's Day and in fond memory of Jim Bright (who cooked pancakes and sausages for us on several occasions), we will be treated to a tasty brunch. While SRC will provide pancakes and sausage, we ask that some of our members sign up to bring maple syrup, biscuits, butter, juice or fruit salad. We also ask you to RSVP by Feb. 10th to let us know you are coming. Call the center at 757-385-2175 or stop by to RSVP and to sign up for one of the side dishes.

For those of you who are new to the SRC, Jim Bright was a cherished member of the center and a well-loved resident of our community. He died March 22, 2024, and we continue to miss his presence. His wife, Anne, is our "Kitchen Queen" and manages all our potlucks. How fortunate we have been to have the support and assistance of the Brights for so many years and we miss seeing Jim at the center.



The origin and history of Seatack present a compelling narrative that integrates its citizens' experiences into a detailed account of resilience and community spirit. This work extends beyond traditional historical records by incorporating interviews, Virginia Highway Markers, and photographs that document the lives of significant groups, individuals, and businesses. It serves as a testament to the collective courage and determination of a community that confronted substantial challenges, illustrating how the people of Seatack worked to establish and sustain a sense of belonging.

If you have attended past lectures/potlucks at SRC, you know the drill. Bring a luncheon dish to share after the lecture and a non-perishable food item for the Charity Methodist Food Pantry.

Cell Phone Photography Class

Wednesday, Feb. 11 1:00-2:30pm

Let's face it, most of us use our cell phones to do most, if not all of our photography. So, let's learn how to take the best photos possible. Learn some new tricks, how to edit your shots, and composition suggestions. Sharon Prescott will help us learn to use our cell phones better for photos. Please bring your phone and make sure it is fully charged.

Read and Share @the SRC

Wednesday, Feb. 4 10:30am-12noon

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.

Exploring Your Genealogy with Ancestry

**Wednesday, Feb. 18 2:30pm-3:30pm
Pungo-Blackwater Library**

Learn about the benefits of using Ancestry with your Virginia Beach Public Library card! We will cover the basics of getting started in your family research, building a family tree, and providing some search tips as well. Registration is required. You may bring your own laptop to use, though iPads will be provided. Call 757-385-0150 to sign up.

Tunisian Crochet Hanging Cloth

**Friday, Feb. 27 3:00pm-4:00pm
Pungo-Blackwater Library**

Tunisian crochet is a unique mix of crochet and knitting that creates a thick fabric often used for scarves, sweaters, and blankets. This type of stitch is also perfect for making utility pieces like washcloths or dishtowels. Learn to create your own 100% cotton washcloth, all materials provided. Registration is required. Call 757-385-0150.

Christmas Luncheon Party Gift Donors

Thanks to Ena Dawson's amazing effort to collect door prizes for the very successful and well-attended party she hosted for us on Dec. 20, we were showered with more door prizes than ever before. Despite the difficult economy, many local businesses and individuals provided an array of wonderful prizes.

As mentioned in a previous email to SRC members, Pungo Pizza and Ice Cream provided not only many pizzas and garlic knots but also brought huge gift bags for everyone who attended. Everyone was a winner! The

restaurant's owners, the Lynn Family, chose us as their recipient of their yearly charity project and spoiled us with their generosity. For those who received one of these sweet gift bags, take a few minutes and send them a belated thank you to 1824 Princess Anne Rd., VB 23454, Attn: Justin Lynn. We encourage you to visit their restaurant as well, located very near the only traffic light in Pungo.

Other generous donations were provided by Margie and Rays, The Bee and the Biscuit, Shack BBQ, Harris Teeter at Sandbridge and Blue Dragonfly Soap. The Dawson family also provided wonderful food for us and manned the kitchen so we could enjoy the party. The SRC has been truly blessed by Ena Dawson who somehow chose us as the recipients of her amazing efforts and has provided us with four wonderful Christmas luncheons!

City of Virginia Beach Real Estate Tax Relief

Our City Council has appointed the Commissioner of the Revenue as the administrator of several tax relief programs for elderly and disabled citizens. Qualified senior citizens and people with disabilities are encouraged to apply. Applications for real estate tax exemption are taken in the office of the Commissioner of the Revenue, Municipal Center, Building 1, by appointment only from Feb. 1 through June 3. 2026.. To qualify, individuals must meet income and net worth limitations. The percentage of tax exemption varies based on income level.

Basic Requirements to Qualify

- Senior citizens must be at least 65 years of age.
- Totally disabled individuals must be totally AND permanently disabled - there is NO age limit - \$10,000 income exclusion allowed.

- Must reside in the Virginia Beach home or a convalescent facility.

Tax Exemption/Freeze

- Annual household income must not exceed \$82,830 for tax exemption.
- Annual household income must not exceed \$108,075 for the freeze.
- Total assets must not exceed \$350,000 (not including the value of the home, and up to 10 acres of land).

You must call to make 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.

Becky Cullipher's Craft Donations Put to Good Use

As was mentioned in our December 2025 issue, Louis Cullipher very generously donated his wife Becky's craft supplies to the Senior Resource Center. Gaby and Tom Morrison sorted through an amazing amount of fabric, patterns, thread and more. These supplies will be used by our Crafters for Charity group for their ongoing projects. Some of the local charities that receive the hand-made items made by the crafters are Connect With a Wish, Seton House, Love and Caring Ministries and several animal rescue organizations. The items produced include



potholders, washcloths, ditty bags, hot pads, winter hats, gloves and scarves, and large sports bags. The latter are used by foster children for their first night away from home. If you'd like to join the Crafters for Charity, they meet the 3rd Monday monthly at 10 a.m. If you are unable to attend the meetings, you can drop by to pick up all kinds of craft supplies (wool, needles, etc.) and work on your projects at home. It's heartwarming to think how much good these crocheted, knitted and sewn items-all made with love- do for those who receive them.

For those who might be interested in obtaining any of these items for their own use or as gifts, check out the rattan shelf in the entrance room. The items are available for a donation to the SRC (cash or check made out to SRC.)

Another Mystery at SRC

Game players at the center recently noticed that yet another game has disappeared- Rummicube, a tile game. It had been donated by Kate O'Klein. Please note that card and board games on the shelves at the SRC are intended for the use of those who come to play group games and are not meant to be borrowed or taken. While our large supply of jigsaw puzzles can be borrowed, the games cannot. If you happened to take Rummicube or the other missing game, Sequence, please return them.

Helpful New Phone App

Did you know that the American Red Cross has a very helpful, free app you can add to your phone? It's called First Aid, and the app icon is a red band aid on a white background. Search for "First Aid: American Red Cross" and you'll be able to connect with clear explanations of a host of medical problems.



Food for Thought

by Becky Hensley

One time I met a man
Who only had a month to live
And I asked him if he had
Any advice that he could give
He said "I wake each morning
Knowing I am going to die
So, each day must remind me
I am blessed to be alive
You see, my life's on countdown
As each hour is unfurled
I know the clock is ticking
On my time here in this world
But what you're overlooking
Is that it's the same for you -
You know that I am dying
But forget that you are too
So, make the most of sunshine
And go dancing in the rain
And sing a little louder
When your favourite music plays
Notice nature's colours,
Savour everything you taste
Stop waiting for tomorrow
'Cause you've got no time to waste
And could you say convincingly
That you'd have no regrets?
If just the next few days or weeks
Were all that you had left?"
And then my breath caught quickly
When he turned to me and asked
"Could you say that you died happy
If this day had been your last?"



Parkinson's Disease Resources

If you could not attend the excellent lecture at SRC on Jan. 26 there are some very helpful resources online and by phone for those diagnosed with Parkinson's, as well as their caregivers. You can download their publications or order them as hard copies. Two main sites are:

Parkinson's Foundation- www.parkinson.org
Telephone Helpline 1-800-473-4636

American Parkinson's Disease Association
www.apdaparkinson.org 1-800-223-2732



I Ride Transportation

Senior Services of Southeastern Virginia, our Area Agency on Aging, provides this handy transportation service to those 60 years and up. While they cannot serve the outlying areas, you can call to find out if they serve your location. If they do, they can drive you to the store, medical appointments and wherever else you need to go, provided it is within a 30-minute ride. It is a free service, but donations are welcome. The preferred way to use this service is by accessing the app on your smart phone or tablet (search on your device app store for Senior Services I Ride), by going online to their site at www.ssseva.org, or by calling 757-222-4513. They operate Mon.- Fri. from 8am-3pm.

It's Time to Talk About Wills and Bills

A very informative article in the Virginian Pilot (11/23/2025) by investment adviser Terry Savage urges us to talk to our adult children about our finances, the legal documents we should execute and our plans as we age. She advises that we have a family discussion ahead of having a medical crisis or unexpected death. Your children may not want to talk about such meaty issues, and you may be reluctant to share such personal and private information, but it is critical to have the talk before a stroke or dementia makes it impossible. While aging parents may fear that their kids will take control of their finances or their living situation if they are named as "agents" in powers of attorney, the reality is that these documents empower others to act for you only when you become ill or unable to handle your own affairs.

We should all consider executing legal documents to include financial Power of Attorney, Medical Power of Attorney, Advance Directive and a will or trust. Before obtaining these documents, we need to talk to our relatives or whoever we want to act on our behalf and be sure they agree to being named agent or executor and to assure that they know what they need to know about our finances and our health preferences. It can be a total nightmare if a parent dies without having any documents or ever sharing any information about income, insurance, investments, etc. with those who are left to tie up all the loose ends.

If you go to www.terrysavage.com you can download a free Personal Finance Organizer, a 4-page list of all the important information about your affairs. This type of listing can serve as the basis of the conversation you need to have with those you will be entrusting to carry out your wishes. Since modern medicine has made it possible for many of us to live into very old age, we still need to face up to reality and our own mortality. If you can "get your ducks in a row"

and organize your paperwork and your documents now, you will be able to give your adult children, or whoever will handle your affairs when you die, a gift. Once you get organized and have the "talk," you can relax knowing that you have taken care of business.

Save the Date

Sun., March 8 Irish Dance Performance at Creeds Elementary

Mon. March 30 Secret Service Lecture

Mon. April 27 12 noon Volunteer Appreciation Luncheon

Donations

Johnnie and Rae Williams in memory of Becky Cullipher and in honor of Louis Cullipher

Anne Bright in memory of Nancy Newbill

Helen Pittman Alex Lewis James L. and Phyllis Styron

Charles Small Kate O'Klein Arlene Landon

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 and help save printing and postage costs.

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		09:30 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 Board Meeting ~Line Dance (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
8	9	10	11	12	13	14
	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) ~1:00-2:30 pm Cell Phone Photography No Potluck (PR Sharon P)	Line Dance (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	Happy Valentines Day 10:00-12:00 Jim Bright Memorial Brunch Sign-Up RSVP (Anne B) 
15	16	17	18	19	20	21
	10:00-12:00 SRC Crafters for Charity Meeting on Holiday (PR Gaby M) ***Presidents Day Holiday** 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.)	2:30 -3:30 pm Exploring Your Genealogy PBL, Reg. Req. (PR Kathryn T)	No Line Dance (PR R T) ~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	 5:00 to 8:00 PM Game Night (PR Rita T.)
22	23	24	25	26	27	28
	11:00 am Edna Hawkins-Hendrix Lecture on Book Seatack Area of VAB Pot Luck (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 (PR Eileen C)	Line Dance (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR) ~~3:00 pm Tunisian Crochet PBL, Reg. Req. (PR Kathryn T)	

Notes: Happy Valentines Day

Edna Hawkins-Hendrix is a local Historian and Author.

February is Black History Month