

SENIOR RESOURCE CENTER, INC.

IN OUR EIGHTEENTH YEAR

NEWSLETTER — SEPTEMBER 2026

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

Facebook: <https://www.facebook.com/vbsrcevents/>

Free Opera Performance

Sunday, Sept. 27 2:00pm

Creeds Elementary Cafetorium

Experience world-class grand opera right in our own community! Virginia Opera's talented Herndon Foundation Emerging Artists will delight you with a concert of opera's greatest hits and other lively selections. A wonderful grant is providing this very special program for us, so there is no charge, but we will accept donations for the Virginia Opera.

Bring your family and enjoy a different kind of music, without having to travel to the Harrison Opera House. Kids are welcome! Culture in the country! Doors are open at 1:30pm, and you can use the side door to the school, facing the center. We will return to the center after the concert, so members can bring desserts to share.

Balance and Fall Prevention

Lecture and Potluck Lunch

Monday, Sept. 14 11:00am

Join us for an informative session all about Therapy On The Move's Timeless Living Fall Prevention Program including facts about falls, exercises, and demonstrations! Start your journey to live safer!" Joe Speckhart will help us learn how to prevent falls and improve our balance. We all know someone who has had a bad fall and fractured bones, and we've seen how difficult it has been for some of them to recover. Joe will share tips on how we can stay on our feet and how we can get up if we do fall. We'll have our traditional potluck lunch after his presentation, so bring a dish to share, and a non-perishable food item for the Food Pantry at Charity United Methodist Food Pantry.

Therapy on the Move is a non-profit organization started in February 2019 by a Physical Therapist (PT) with a vision to change the world, one person at a time and a passion to serve the underserved. They are a group of Physical Therapists, Physical Therapist Assistants (PTA's), volunteers and lay leaders who want to change the world by helping others lead more healthy lives. Their vision is a world in which every person receives quality healthcare, where growing older does not mean falls, hospitalizations, and dependence on medications and where chronic pain does not equal dependence on opioids and eventual loss of income. They believe that

- Movement is life and that a little movement can make a big difference.
- It is never too late to start again.
- Aging does not mean your quality of life must change.
- Everybody deserves quality healthcare.
- Every life matters.

The month of September is Fall Prevention Awareness Month, so this lecture will be very timely.

Mexican Paper Stars

Friday, Sept. 25 3:00pm

Pungo-Blackwater Library

Hanging paper stars for celebrations is a custom in Mexican culture that combines the traditional Mexican arts of *papel picado* (paper cutting) and *papier-mâché*. In this program we will discuss the origins and evolution of this art form, and you will create paper stars to display for your own celebrations or keep as permanent decor in your home. Registration is required, so call 757-385-0150.

Bingo Important Announcement

Weekly bingo will not change its hours and will begin at 1pm every Tuesday.

Facts About Falls

According to the National Council on Aging, one in four older adults experience a fall each year and every 11 seconds an older adult is seen in the emergency room for a fall-related injury. However, many falls are preventable. Some of the myths regarding falling are:

Myth 1 Falling is something normal that happens as you get older.

Reality: Everyone falls. But strength and balance exercises, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Myth 2: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 3 As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 4: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will

benefit you in many ways, including protection from falls.

Myth 5: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 6: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses.

Myth 7: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 8 I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who can help. They want to help you maintain your mobility and reduce your risk of falling. Don't keep your falls a secret from your family.

Myth 9: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about the risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible.

Card Making Ministry Activity

We had a trial run with Nightingale Card Ministry at the SRC on July 20, led by Nightingale Founder Susan Saunders, and our very own volunteer, Jean Powers. We had a terrific turnout, including some women who had never been to the center before, and who are incredibly talented craftswomen. It was an added treat that one woman brought her home-schooled teenager along, and she was also very gifted at creating beautiful cards. As mentioned in a previous newsletter, this ministry, which just celebrated its 5th anniversary and has been featured on several local tv news shows, creates home-made cards for all the major holidays that are delivered to residents of local nursing homes. The recipients are mainly residents who don't have much family and few visitors, so these sweet cards brighten their days. The Nightingales provided the supplies for the cards, including cardstock, scrapbook paper, stickers, etc. Those who attended agreed that they would like to continue to help make cards, so in the immediate future the card makers will meet in alternate months, and the next get-together will be on Monday, Sept. 21 at 10 am. If there is enough interest in coming months and one of the crafters is willing to lead the group, we could possibly start a new activity that would serve as a chapter of the Nightingale Card Ministry. You don't need experience or great talent to learn how to make these cards, and you'll make new friends and enjoy their fellowship along the way. The Crafters for Charity group will continue to meet in the alternate months on the third Monday at 10am.

The Crafters for Charity group always welcomes new members. While several of the regular members knit, crochet and sew items to donate to local charities, the group is now focusing on making bookmarks for Pungo-Blackwater Library. These have become a very popular item at the library, so an ongoing supply is needed.

Farmers Market Friday Night Hoedown Concerts

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 to just listen to the great music, but it's even more fun if you get in the spirit and join the line dancers. For those of you unfamiliar with the Farmers Market, it is located at 3640 Dam Neck Road, right across from Landstown Shopping Center at the intersection of Dam Neck and Princess Anne Roads. Come on down.

Sept. 4 The Dallas Band
 Sept. 11 Timeline
 Sept.18 The Country Rockers
 Sept. 25 Country Rebels

School Supplies Donations

Wow! What an incredible amount of school supplies all of you donated to local foster kids! The annual drive held by Everheld, a 501c3 charity formerly called Connect With a Wish, provides backpacks loaded with supplies to over 400 kids. They also provide a multitude of resources for foster children from birth all the way to adulthood. They are located just behind the new City Hall at the Municipal Center. We support them throughout the year with donations of cake mixes, icing, large birthday bags, toiletries, new socks and underwear, etc. Take time to stop by their office at 2492 North Landing Rd., Suite 102, and see for yourself all that they do.

Whole Body Donation

A Gift of Education. You give many gifts in your lifetime, but there is one special gift that will make a significant and lasting contribution, the gift of donating your body to medical science through the Virginia Department of Health's State Anatomical Program. There currently is

more demand for donors than there are people willing to donate. The number of healthcare educational programs in Virginia is increasing which in turn increases the need for additional donors. The need for anatomical donors is great.

Donation is a gift of education to the many hundreds of doctors, nurses and other health professionals studying in Virginia medical schools, colleges and universities who must learn how the human body is constructed before they can successfully treat living patients. No models, films or books can substitute for the actual study of the human body itself. Your donation will make an impact, one that plays a critical role by providing the opportunity for students to learn, train and research.

While some of us have signed up to be organ donors when we die, there are also other programs to consider. The State Anatomical Program, under the Virginia Department of Public Health, has a program for body donation for medical education and scientific study. Established in 1919, the program is the only program in Virginia authorized to receive donations of human bodies for scientific study. Such donations are used to educate health professionals by providing bodies for the teaching of anatomy, surgery and medical research in Virginia medical schools, universities and research facilities.

Anatomical donation does not cost anything to the donor's family except the cost of transporting a body to a funeral home. If someone dies in a hospital, that transport is not necessary. The Anatomical Program pays for the entire process of the donation being provided to a medical institution, and when the school finishes the process, the body is cremated and the remains returned to the family.

Although this may be a subject most of us don't care to think about, donation of a body can be a very valuable, selfless and generous gift to the living, made in a manner that is dignified,

respectful and professional. You can sign up at any time, so application can be made when you are still healthy. There are required forms at the time of application. At the time of death, not every applicant can be accepted as a donor due to specific medical conditions. If you want to learn more and obtain an application just Google "Virginia State Anatomical Program" or go online to vdh.virginia.gov. or call 1-804-786-2479.

Donation of Love

A program that may be of interest to families who are dealing with a family member who has dementia is the Brain Donor Project. This non-profit was established in 2016 by two sisters whose father had Lewy Body dementia. They wanted to simplify the process of brain donation and to help the National Institutes of health NeuroBioBank obtain more brain tissue donations. This program accepts healthy brain tissue as well. Ideally someone pre-registers online and the applicant's information is shared with the appropriate brain bank. There are six brain tissue biorepositories in the U.S. that store and distribute brain tissue. Upon the death of a donor, the family notifies the tissue bank within an hour of death and arrangements are then made to obtain the brain. All expenses are reimbursed to the family and the family also receives a summary of the neuropathological findings of the study.

Most people consider brain donation because they hope to help alleviate suffering for others in the future. By having tissue from brains like Parkinson's, different types of dementia and developmental disorders researchers can better understand such conditions and hopefully find better ways to treat and prevent these diseases. For more information check out braindonorproject.org. or call 1-513-393-7878.

Food For Thought

Imagine if we all walked into the world with the belief that each person was inherently worth. Imagine if our goal was to help each other recognize that we are worthy of being loved. Imagine if we sought to listen more than we spoke. *Fred Rogers*

Gratitude helps us to see what is there instead of what isn't.

In the blink of an eye another day is gone.
In the blink of an eye another week is gone.
In the blink of an eye another month is gone
In the blink of an eye another year is gone.
And in the blink of an eye I'll be gone too,
And not just me but also you.
So maybe we should be wishin' and hopin'
That we could just keep our eyes open
And see and appreciate all that we can see.,
And learn how we can be the best that we can be
Before it's too late.
Time flies, so let's not wait.
Whether we have just one life or many, one thing is true
We should try to enjoy every moment we can;
It's the wisest thing we can do.

From Precious Wellbeing

Donations

Teresa Honeycutt
Charlie Small
Rae & Johnnie Williams
Beth Swanner
Kenny & Catherine Davis



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



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September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			10:00 Dulcimer Lessons (PR Peggy Nelson) ~1030-12:00 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.)
6	7	8	9	10	11	12
	Labor Day Federal Holiday	9:30 Exercise (PR R. Joyner) ~10:45 -12:30 Euchre (PR Marcia H.) ~~12:30 Cards (Card Group PR) ~~~1:00 pm Bingo (PR Jim S.)	10:00 Dulcimer Lessons (PR Peggy Nelson) ~1:00 History (PR Beth Bangley)	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)	
13	14	15	16	17	18	19
	~11:00 Balance & Fall Prev. Potluck to Share  (PR Nancy A) 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 pm Bingo (PR Jim S.)	10:00 Dulcimer Lessons (PR Peggy Nelson) ~10:00 am Walk & Talk 30-45 min Walk, Reg. Req. Meet@ Munden Pt Park	No Line Dancing Class Today ~~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.)
20	21	22	23	24	25	26
	10:00-12:00 SRC Crafters for Charity Host: Nightingale Card Workshop-Jean (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 Dulcimer Lessons (PR Peggy Nelson) ~1:00 History (PR Beth Bangley) ~1:00-4:00 pm Medicare 1:1 Counseling. (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 Mexican Ppr Stars PBL, Reg Req, (PR Angie)	
27	28	29	30			
Opera 2:00 Creeds Elem. Caferia Desserts to Share following @SRC 		9:30 Exercise (PRR. Jbyner) ~10:45 -12:30 Euchre (PR Marcia H.) ~12:30 Cards (Card Group PR) ~~1:00 pm Bingo (PR Jim S.)	10:00 Dulcimer Lessons (PR Peggy Nelson) ~1:00 History (PR Beth Bangley)			