



Legal Issues for Seniors

lecture by:

Attorney Angela Manz

Tues. March 27, 10 am

Virginia Beach attorney Angela Manz will educate us regarding Powers of Attorney, health care directives, trusts and wills, and she will field your questions about these important documents.

If you have not executed or reviewed these documents, you need to learn what they are and why you need them. You can give your adult children a gift by getting your legal "ducks in a row" regarding your estate and making your wishes known.

Take advantage of this opportunity and learn where and how to start.



Angela Manz

Armchair Yoga ---New Exercise Group

Linda Tingle, a local yoga instructor, will provide the first yoga class ever at SRC. No need to worry if you can get down on the floor- you'll do these exercises seated. Learn how to stretch and relax. See page 3 for details.

JOY Group Tuesday, March 20 9:30 am

Special Guests: Preschoolers from Charity Methodist Church Preschool – the adorable kids will make their annual visit from CUMC. If you'd like your blood pressure checked, come at 9:30 a.m. The kids will visit at 10 and then a potluck lunch will follow. Please bring a covered dish or dessert to share.

BRIGHT FOOD *Cooking with* *Anne Bright*



Tuesday
March 13
9:30 am

Have you ever used a whisk? How do you know just how much to prepare to serve a certain number of people?

As our families have decreased in size, sometimes we are at a loss to know just how much of a dish to fix for our particular needs so that we don't have to eat leftovers for a week.

Would you like to join a make-and-take cooking class? We will be preparing some classic breakfast/brunch items with hands-on practice. Each participant will actually help to make the items and then receive a small container to take home to have another day.

Due to the nature of this project, there will be a fee to defray costs of cooking supplies and take-out containers.

Depending on the numbers who sign up to participate, the fee will be no less than \$5.00 and no more than \$10.00. Please add your name to the sign-up sheet by March 9, 2012 if you wish to participate. Call 385-2175.



Wed. March 7th - 1 pm

**At last we will play Wii again.
Haven't ever played?**

Wii is a computer generated exercise activity, which allows folks to play golf, baseball, tennis, and boxing as well as exercise programs from a seated or standing position.

It is an excellent activity for people who have mobility impairments to be able to exercise the upper body. If you're more "frisky," you can get a real workout with some of the games. Come learn how and you'll have a ball.



AARP driving class



Some of us paid attention...

Need A Ride?

Would you like to attend activities at Senior Resource Center but are unable to drive there yourself? Call us at 385-2175 and let us know what you're interested in attending and we'll see if we can line up a ride for you. It's important that we all get out to spend time with others, so let us know if you'd like to join us.

Yard Sale - Sat. April 28

9 am-1pm

Rain or Shine

**604 Princess Anne Road
(Floyd Murphy's old store)**

Start cleaning out your closets, attics, basements and garages. Call the Center at 385-2175 to reserve a space to share your "treasures" with the rest of the community. Cost will be \$15.00 for an inside space and \$10.00 for an outside space and payment will be required in advance.



Linda Grant was honored at the Pancake

Monetary Donations

- Asbury United Methodist Church
- Phyllis Brown in memory of Herbert Johnson

Free Caregiving Information Online

Morningside Ministries in Texas has created a superb online website that provides extraordinary online videos for caregivers. The training videos cover many pertinent subjects for family caregivers and present information in easily understood fashion. Check them out at www.mmlearn.org

Gentle Chair Yoga for Seniors

If you can stand and sit you can do yoga. No pretzel poses in this class!

March 9
Friday 10am

This is a great way to obtain yoga's great health benefits without getting up and down from the floor. With the support of a chair you will do poses that strengthen your muscles and bones. It's great for improving joint flexibility and improving posture and balance. The poses are designed to be used with a chair for support or you can let go and try it without the chair. Let's just have fun!

Some of the benefits of yoga include improvement in:

- Awareness and Alertness
- Balance and Breathing
- Concentration and Coordination
- Deep Relaxation for the Mind and Body
- Energy and Endurance
- Flexibility and Focus



soup SOUP & more soup
...let's do it again!

Senior and Disabled Tax Relief Programs

City Council has adopted a program to assist qualifying individuals on both real estate and personal property taxes and encourages qualifying senior citizens and disabled persons to take advantage of our tax exemption programs. To qualify individuals must meet income and net worth limitations.

Applications for Real Estate Tax Exemption are taken in the Real Estate Assessor's Office, Municipal Center, by appointment only from February 1 through June 30.

Please call 385-8847 for an appointment. TO QUALIFY:

- *SENIOR CITIZEN - 65 YEARS OR OLDER OR
- *TOTALLY DISABLED - NO AGE LIMIT, \$10,000 INCOME EXCLUSION
- *PARTIAL OR TEMPORARY DISABILITY - UP TO \$5,000 OF DISABILITY BENEFIT EXCLUDED
- *MUST RESIDE IN VIRGINIA BEACH HOME OR A CONVALESCENT FACILITY

TAX EXEMPTION/FREEZE

- *ANNUAL HOUSEHOLD INCOME MUST NOT EXCEED \$63,450 FOR TAX EXEMPTION
- *ANNUAL HOUSEHOLD INCOME MUST NOT EXCEED \$67,000 FOR THE FREEZE *ASSETS MUST NOT EXCEED \$350,000 (OTHER THAN RESIDENCE) PERCENTAGE OF TAX EXEMPTION VARIES BASED UPON INCOME LEVEL

TAX DEFERRAL

- *TOTAL TAX WILL BECOME DUE UPON OWNERSHIP CHANGE IN RESIDENCE
- *ANNUAL HOUSEHOLD INCOME MUST NOT EXCEED \$67,000
- *ASSETS MUST NOT EXCEED \$350,000 (OTHER THAN RESIDENCE)

*SUBJECT TO CHANGE

More Veterans' Services

The Department of Veterans Affairs has initiated a new program to help caregivers of veterans via their new National Caregiver Support Line. The toll-free number is 1-855-260-3274. You may also access information online at www.caregiver.va.gov.

Kudos to:

Bob Giovannelli for faithfully making sure our trash/recycling barrels are put out and retrieved (and thanks to his son, too, for subbing for his dad when Bob is out of town.)

Johnnie Williams for continuing to provide all of our email needs- sending out the monthly newsletter, activity flyers, etc. and keeping our mailing list current. All his legwork is greatly appreciated.

Marie Flinn for all the yummy baked goods she produces for the enjoyment of our bingo players. We can blame her for the extra pounds we have put on sampling her treats!

Special thanks go to our esteemed Treasurer, Linda Grant, who has faithfully served the SRC since July, 2008. She has kept all of our books in apple-pie order and has organized all of our financial information. We are sorry to accept her resignation and will be forever grateful for everything she has done for our Center. Job well done! We welcome Phyllis Brown as Treasurer.

Many thanks to all who so generously prepared soup and other goodies for our Soup Social in January. We had a large crowd to enjoy the soup on site and we were able to share soup with several of our neighbors who were unable to attend. What a tremendous opportunity this was to share our resources with those who have been active in the past but find themselves unable to participate on a regular basis now. Thanks to June Klag for searching out a source of containers for soup distribution.



State Tax Help

The Commissioner of the Revenue's office can assist you with your State of Virginia tax returns. Contact them at 385-4251 or email at coradmin@vbgov.com



SRC

March 2012 Senior • Resource • Center Inc

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Board Mtg 8:30a Exercise 10a ***** Line Dance 1p Beg Line Dance 2:30p	2 Conversation w/Bob 10a Cards 1p	3
4	5 Walk & Stretch 10a Dominoes 1p	6 Rep Primary Election Bingo 1p Cards 1p 1 st Prec Adv Mtg –Kellam HS 7p	7 Wii 1p	8 Exercise 10a ***** Line Dance 1p Beg Line Dance 2:30p	9 Intro Yoga 10a Writing w/Bob 10a Cards 1p	10 Crafters Anonymous 10a
11 Daylight Savings Time starts Move Clocks ahead	12 Walk & Stretch 10a Dominoes 1p	13 Cooking w/ Anne 9:30a R.S.V.P. Cards 1p	14 Local History 1p	15 Exercise 10a ***** Line Dance 1p Beg Line Dance 2:30p	16 Conversation w/Bob 10a Cards 1p	17 St. Patrick's Day 
18	19 Walk & Stretch 10a Dominoes 1p	20 JOY Group 9:30a Bingo 1p Cards 1p	21	22 Exercise 10a ***** Line Dance 1p Beg Line Dance 2:30p Henley Mtg 5p Mun Ctr #19	23 Writing w/Bob 10a Cards 1p	24
25	26 Walk & Stretch 10a Dominoes 1p	27 Legal Issues Seminar 10a Cards 1pm	28 Local History 1p	29 Exercise 10a ***** Line Dance 1p Beg Line Dance 2:30p	30	31

***** Check with SRC to confirm these classes will run in case teacher is unavailable. Call 385-2175



Senior • Resource • Center, Inc
 serving Southern Virginia Beach
 912 Princess Anne Road
 Virginia Beach, VA 23457
 757-385-2175



SRC Mission

The Senior Resource Center, Inc. is a 501 (c) (3) volunteer organization designed to help older, rural residents remain safely in their homes by providing in-home and community services; to furnish a gathering place for local seniors for socialization and education. It is a collaborative effort with the City of Virginia Beach.

Responsibility and Oversight

General Chairperson

Bill Hess 721-2689

Councilwoman

Barbara Henley 426-7501

City Liaison

Nancy Allan 385-4135

Newsletter

Anne Bright 426-7832

Newsletter Layout

Bob Danner

Weekdays

Daily 9a-4p

To remove your name from the newsletter mailing list, call 757-385-2175
 view newsletter on line www.vbsrc.com



current resident or

You're Never 100 Old

According to a recent NIH newsletter, News in Health, exercise is good for you, whether you are old or young. You're never too old to get moving, to get stronger and to improve your health. Fitting exercise and physical activity into your day can enhance your life in so many ways and can improve your balance as well as boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of chronic conditions like diabetes, heart disease, osteoporosis and depression.

Four types of exercise are recommended by experts: endurance, balance, strength and flexibility. Brisk walking is an endurance exercise that can improve the health of your heart, lungs and circulation. Strength exercises like lifting weights or resistance bands can increase muscle strength to make it easier to carry groceries or lift grandkids. Balance exercises can help prevent falls, which are a major health risk for seniors. Stretching or flexibility exercises can give you more freedom of movement for bending to tie your shoes or to look behind you as you back up your car. Even if you haven't been active previously, it's never too late to start but check with your doctor first. And don't forget that SRC offers two weekly free exercise classes, so you have no excuse not to get active!

See pictures of our
 Valentine Pancake Party
www.vbsrc.com

SRC is the
 place to go

