

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – OCTOBER 2025

IN OUR EIGHTEENTH YEAR

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

First Responders Appreciation Luncheon

Wednesday, Oct. 29 11:00am-2:00pm

Join us for this very special annual event, postponed from February due to the snowstorm. This is our opportunity to show our gratitude to all the first responders who make our lives safe and help us during times of crisis. We will host the fire department, police department, Sheriff's department and Emergency Services employees and volunteers. SRC will provide the entrée, but we ask our members to bring side dishes and dessert. Please call or drop by to sign up for the food you will provide so we can be sure to provide a nice array. Since we'll be feeding quite a crowd, please bring large portions of your prepared food. We encourage you to attend this gathering and to take the opportunity to chat with our guests and express your appreciation.

Bow Making Class

Monday, Oct. 6 11:00am-12:30pm

Learn how to make beautiful bows for the holidays, so you can decorate wreaths and gifts in style. Doris Whisman and her daughter, Susan Marziani, will be our instructors. You will need to bring your own ribbon, so purchase 1 roll of wired ribbon, a minimum of 4 yards, between 1 ½" and 2 ½ inches wide. This class was a big hit last year, and we are glad we can offer it again.



Ruritans' Fish Fry and Craft Fair

Saturday, Oct. 11 11:00am-5:00pm

Creeds Ruritans Community Complex, 1057 Princess Anne Rd. VB 23457. Go online to www.creedsruritan.com to preorder \$15 meal or just stop by.

Digital Art Paint Night

Wednesday Oct. 15 4:00pm

Pungo-Blackwater Library

Have a digital paint night with Adobe Fresco, a fun and easy-to-use artistic app. In this beginner-friendly class, you will learn the basic tools and tricks to create your own pictures and designs. Prerequisite: Please create a free Adobe account at <http://account.adobe.com> and bring your login information with you. Adults. Registration is required, so call 757-385-0150.

Free Benefits Counseling Sessions

Wednesday Oct. 22 9:00am-4:00pm

Eileen Churchill from Senior Services will be at SRC all day, to meet 1:1 with you regarding your Medicare options. Appointments are necessary so please call the center at 757-385-2175 to reserve a spot. Open enrollment for 2025 is from October 15-December 7, during which time you can join, drop or switch Medicare plans. These sessions can make the process so much easier and can save you money as well. If you are unable to see Eileen in person at SRC, call her at 757-461-1068.

VB Mayor's Commission on Aging Presents: Cycle of Memory Documentary

Wednesday Oct. 22 10:00am
Central Library

Cycle of Memory follows filmmaker Alex Leff and his younger sibling Koby as they embark on a journey to uncover the past and capture the present, aiming to be remembered in the future. Guided by old photographs from their grandfather Mel's 1945 bicycle trip, they search for places that hold memories of their family history. However, they confront their own emotional challenges and the complexities of their relationship as they navigate the turbulent present. The film explores the importance of intergenerational connection, healing painful pasts, and leaving a meaningful time capsule for the future, reflecting on the significance of memory and family relationships.

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. This will be the final month for these concerts for 2025.

Oct. 3 The Dallas Band
Oct. 10 The Country Rockers
Oct. 17 Country Rebels
Oct. 24 Rob Oliver

Strengthen Your Social Circle and Stay Connected

In a recent article in the VRS Retiree News, four tips were provided to help you expand your social circle and stay involved:

1. Talk to your neighbors and join community events. Don't just wave to your neighbors but instead take time for a brief chat and get to know them better. If your community has get -togethers, try to attend and practice mingling.
2. Pick up a hobby, especially one that offers interactions with others. Join a garden club, a book club, an exercise class or walking group. Doing something you enjoy in a group setting makes it easier to connect with like-minded people. The Senior Resource Center provides a multitude of these activities, so you can play cards, euchre, bingo and mahjongg, line dance and exercise at no cost, and you will make lots of new friends in the process.
3. Reconnect with loved ones and old friends. It is easy to lose touch with family and friends over the years, but rekindling those relationships does not have to be complicated. A simple phone call, video chat, email, text, or a hand-written note can help bridge that gap. Strong personal relationships are linked to better emotional well-being and overall health, so make the first move and reach out.
4. Consider adopting a pet. Pets can provide comfort, routine, companionship, and a sense of purpose. Having a dog encourages physical and social interaction. Cats can reduce feelings of loneliness. Having a pet has been shown to lower stress, improve heart health and reduce feelings of isolation. If you cannot adopt a pet, consider volunteering at an animal shelter.

When you live alone, it's up to you how you spend your time, so try to get dressed every day and get out of the house, hopefully seeing other people and interacting with them. It's worth it. Attending and volunteering at the SRC is a perfect way to stay connected!

Connect With a Wish School Supply Drive

This local charity was very appreciative of all the donations SRC members provided to help area foster kids start the new school year with everything they needed. We collected tons of notebooks, paper, crayons, backpacks and more, and our Crafters for Charities created a huge amount of ditty bags full of supplies. It's heartwarming to see what a difference we can make when we support local charities. CWW gave out more than 400 filled backpacks this year!

Virginia Beach Jury Duty Notices

The Virginia Beach Circuit Court is using a new system to handle jury duty for court cases. If you receive a notification in the mail with this information, you should respond- it's legitimate. The Sheriff's Department explained that the notice is not a summons for jury duty but is about a questionnaire that you take online. It must be completed within 10 days of receipt, and it is used to determine whether a resident is qualified or exempt from jury service. If the resident cannot process the questionnaire online, he can call 757-384-5545.

Be aware there have been some scams involving telephone calls to residents, supposedly from the sheriff's office, telling the resident he missed jury duty and there is a warrant out for his arrest and the resident must pay a bond immediately. This is a scam, and you need to hang up.

Grandparents Raising Grandchildren

Do you have custody of your grandchildren? Are you raising another relative's kids? This seems to be the case with an increasing number of grandparents and other kin who thought their days of raising kids were over. It usually occurs when adult children are incarcerated or addicted and cannot parent their young children any longer. There is a very helpful local resource for those of you who might be in this situation, with full-time responsibility for your grandchildren. Kids, Kin 'N Caregivers is a Norfolk-based non-profit that provides many resources and assistance to grandparents and others. They provide educational seminars, coffee and conversation groups and more.

Learn more about them and their services at: <https://kids-kin-care.org> or call 757-434-5162. You will find out you are not alone and there is help and guidance nearby.

Dementia Defined

There seems to be much confusion about the term dementia. Dementia is an umbrella term that describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease. Dementia affects thinking, behavior and the ability to perform everyday tasks, when brain function is affected enough to interfere with the person's normal social or work life. The most common form of dementia is Alzheimer's disease, but some experts have said there are over 100 types of dementia. Other types of dementia are vascular dementia (related to stroke), Lewy Body dementia, and Frontal Temporal Dementia. There are many other types as well, including those associated with Parkinson's disease, Huntington's disease, head trauma, multiple sclerosis, and alcohol-related dementia. When dealing with signs of dementia and memory loss, it is recommended

that the person sees a neurologist to try to get a specific diagnosis and learn about possible treatments. If you want to learn more about dementia, there are two online experts with Facebook pages and YouTube videos. Caregivers can benefit from following these experts who not only provide information but also demonstrate ways to deal with a person with dementia. Check out Teepa Snow and Adria Thompson online for excellent, free advice.

Food for Thought from Mental Health Movement

One day, everything we own will belong to someone else. The houses we worked so hard to build, the cars we saved for, even the little things we treasure, they will all pass on. In 100 years, strangers will live in our homes. Most of what we fought to keep will be given away, forgotten or thrown away.

People might remember us for a little while—our laugh, our kindness, our mistakes. But even those memories will eventually fade. And when they do, what will really matter is not what we owned, but how we lived. That's why it's so important to spend time with those you love, to chase the dreams that set your heart afire and to create memories that make this brief time meaningful. When you start realizing how fleeting this life is, you stop living for the approval of others and start living in a way that feels true to you. Make today and everyday count, not for them but for you.

Lost and Found

Is someone missing a winter coat? A long, black women's puffer coat brand Wild Fable, size small) has been sitting by its lonesome for many months. If it's yours, you'll find it on the clothes pole by our bookshelves.

Senior Resource Center's 18th Anniversary

It's almost unbelievable that the SRC is soon to be 18 years old! Whoever thought we would last this long? For those of us who were involved in the planning period before we opened, meeting at Creeds Elementary and Pungo-Blackwater Library to hash out what we hoped to do and be, we are truly amazed that our unique center is still alive. We survived Covid and continue to function solely dependent on volunteers. We are so grateful to the City of Virginia Beach for allowing us to exist and we feel that we have provided something very special to the seniors who reside in the rural part of our city.

While we formally opened on October 7, 2007, we will have our anniversary celebration on **Sunday, November 9 from 2-4 pm**. Our favorite music ensemble, Fond Memories, will entertain us in style and SRC will provide cake and ice cream. Be sure to mark the date on your calendar and join us as we recognize our success.

ICE Medical Standard

Another very useful app on your phone is ICE Medical Standard. You can use it to list your emergency contacts (names and phone numbers) as well as additional information if you choose, like medical conditions, allergies, etc. It's free. Keep in mind the SRC also provides free File of Life packets that can store the same vital information regarding your health status, medications, etc., so that rescue squad and hospital personnel can quickly address your needs.



Do You Have an Estate Plan?

According to Donna Fuscaldo, a Kiplinger Finance Expert (Virginian-Pilot 8/31/25) an estate plan is a must. However, statistics show that many of us have not gotten around to it. It is estimated that only 31% of Americans have a basic will and only 55% have estate plans. While lots of people put off executing these documents, it's important even if you don't have a lot of money. Without a will your assets could end up in probate, go to the wrong relative, or cause family strife.

An estate plan usually includes a last will and testament, financial power of attorney, and an advance healthcare directive (living will.)

- A last will and testament spells out how you want to distribute your assets when you die and names an executor to manage your estate after your death.
- A financial Power of Attorney names who will take care of your finances, pay your bills and make financial decisions for you if you become incapacitated.
- An Advance Directive is like a financial Power of Attorney but enables you to designate what type of medical treatment you want or don't want if you are not able to speak for yourself. It also allows you to name someone to make those decisions for you.

You can use an attorney to complete these important documents, preferably an estate/trust attorney. You can find online resources to complete these documents as well, but it may make more sense to let a lawyer handle it. In completing these documents, you need to consider your personal choices and preferences, and you certainly need to have frank discussions with those you want to name as your "agents" so they will know exactly what you want and will agree to take on those responsibilities. These documents aren't only for seniors- it is recommended that anyone over 18 consider creating them. With modern

medicine now able to treat many serious illnesses and prolong our lives, it is even more important to consider how we want to receive medical treatment and the time to think about all of this is before a crisis occurs.

Another important document is a Durable Do Not Resuscitate order. This document can now be downloaded at home but still requires your doctor's signature. It stipulates that you do not want any attempts at resuscitation if you have no heartbeat and are not breathing. Without this document the rescue personnel and hospital staff must attempt life-prolonging procedures. The DDNR allows those procedures to be withheld or withdrawn. Even if you have an Advance Directive for Healthcare or Living Will that specifies that you do not want resuscitation, A DDNR form still must be executed as well.

Donations

William and Dorsey Gurley

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.

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:30-12:00 Read & Share No Registration Req. (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.)
5	6	7	8	9	10	11
	11:00-12:30 Make & Take Bow Making Workshop Susan & Doris (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)	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)	11:00-5:00 Creeds Ruritan Club Fall Annual Fish Fry 1057 Princess Anne Rd.
12	13	14	15	16	17	18
	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.)	*10:00 am Walk & Talk 30-45 min Walk, Reg. Req., Meet @ Munden Pt Park **4:00 pm DIGITAL ART PBL Reg Req (PR Angie V)	No Line Dance this Week **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.)
19	20	21	22	23	24	25
	10:00-12:00 SRC Crafters for Charity Hats & Warm Gear (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.)	1:00 History (PR B. Henley) 9:00 - 4:00 pm Medicare Benefits Counseling 1:1 (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)	
26	27	28	29	30	31	
		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.)	11:00-2:00 1st Responders Police/Fire/EMS Luncheon & Potluck-Members Pls Sign up for Sides & Desserts to Share. (PR Sharon P)	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) ***Happy Halloween***	

Notes: Happy Halloween

VB Mayors Comm. On Aging Presents: Cycle of Memory - Wed. Oct 22, 2025 @ 10 am at the Central Library.