

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – APRIL 2026

IN OUR EIGHTEENTH YEAR

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

Senior Scams and Fraud Colin Stolle Lecture and Potluck Lunch

Monday, April 6 11:00 am

Colin Stolle, the Commonwealth's Attorney in Virginia Beach since 2013, will return to the Senior Resource Center to help us become better informed about the many scams



that target seniors. This is an important opportunity to learn how to protect yourself and your loved ones from fraudulent schemes. Even though we have had several lectures on this topic in the past, we know that a few of us have still fallen victim. The lecture will be followed by a potluck lunch, so please bring a dish to share and enjoy good company while gaining valuable information.

We also encourage you to bring a non-perishable food item or two to support our area Food Pantry at Charity Methodist.

Face Planter Craft Activity

Friday, April 24 3:00-4:00 pm
Pungo-Blackwater Library.

Come celebrate Earth Day by making an adorable face planter. A variety of materials will be on hand to decorate and personalize your planter to make it as unique and special as you are. You may also bring in items to give it your own personal touch. For adults only, registration is required by calling 757-385-0150.

Volunteer Appreciation Luncheon

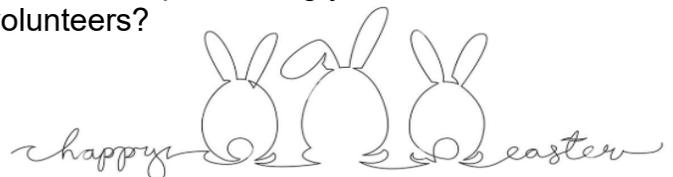
Monday April 27 12:00 noon

We invite all volunteers to a special appreciation luncheon on Monday, April 27 at 12:00 noon. This is our way of saying thank you for your dedication and the countless hours you donate to our center. Your efforts make a real difference in our community, and we look forward to celebrating with you. This event is for volunteers who cover "desk duty" shifts, lead activities, serve on the Board of Directors, assist with the newsletter process, produce flyers, etc. The meal will be catered so please RSVP by April 22.

Speaking of Help

For those of you who are not volunteers, we want to remind you that the SRC is totally run by volunteer power. We are able to be open 5 days a week because we have wonderful volunteers who give their time and talent so generously. We simply could not exist as a center without their help.

We continuously plead for additional volunteer help, but somehow those pleas don't seem to be heard. We need more volunteers to donate just 3 ½ hours once a month so that our phone will always be answered by a live person and visitors will be greeted in person. That doesn't seem much to ask. Please consider stepping up to the plate. Stop by or call the center to sign up for a brief orientation. Wouldn't it be lovely if we could stop hounding you about the lack of volunteers?



Why Volunteering is Important

*(adapted from an interesting article by Linda Harrington in the February 2026 issue of Pathways **from Here to Stay**, a wonderful volunteer group in Wintergreen, VA.)*

Volunteering is simply an act of giving up personal time to do for others. Most non-profits would not exist without the help of seniors who volunteer. Volunteers often say they volunteer because they are looking for renewed purpose in retirement, to learn new things and to increase their feelings of worthiness. Medical experts say that volunteering can boost one's overall health and longevity. Volunteering is also a way to continue to use all the knowledge and skills you have gained over the years to make a difference in others' lives.

The Senior Resource Center experiences the same challenges as the Here to Stay group, as we are both seeking younger members with more energy, to help those of us who have been active volunteers, some of us for 18 years plus. With so many government services cut back or ending, it is even more important that volunteer-run organizations, like SRC fill in the gaps. So, take some time to consider how you spend your days and energy, and think how you can become a vital part of the Senior Resource Center as an active volunteer.

Memory Café

**Monthly Event at Princess Anne Library
3rd Mondays Monthly from 3:00-4:00 pm.**

The Memory Café offers a welcoming space for people with dementia and their care partners. You can enjoy conversation, activities and snacks as you get to know others experiencing similar memory changes. No registration is necessary, just drop by. This get-together is a nice way to get out of the house and spend some time with peers.

Farmers Market Friday Night Hoedowns Begins 2026 Season

Get ready for the return of our lively Farmers Market Hoedowns! Mark your calendars and join us for music, dancing, and fun as we kick off another season at the market. 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. We'll post the names of the bands that are scheduled in every newsletter through November. 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!

April 3	Dallas Band
April 10	Country Rebels
April 17	Country Rebels
April 24	Timeline

A Message from your President

The Board of Directors decided to start promoting the SRC to help bring in new members and volunteers. We've been working with the Pungo-Blackwater Library staff and have drafted some new materials, including business cards for the board members and a two-sided rack card that will be shared around southern Virginia Beach and at events like the Senior Showcase. The rack card will include photos of members enjoying activities so people can get a feel for what the SRC is about. You will be receiving an email from the SRC in the next few days. Please review the proof of the rack card carefully- it is two-sided. If you do not want your image or likeness used in the marketing material, please notify me by email or text by April 08. My contact information is on the back of the newsletter.

Kudos

A special thank you goes out to Johnnie Williams and Don Trammell for their hard work and dedication in handling the heavy lifting, transporting chairs and tables and setting up for every event. We greatly appreciate their help. We imagine they would welcome the addition of some other able-body helpers.

Notary Services New at Pungo-Blackwater Library

Free notary services are now offered to the public. You can call the library at 757-385-0150 to set up an appointment to have your documents notarized. Current valid photo identification for all signers is required for notary service. Customers are to provide their own witnesses who do not have a personal interest in the documents to be notarized. Witnesses must provide valid photo identification. Library staff or other customers using the library cannot be solicited to act as witnesses. Please do not sign any documents that require notarization until you are in the presence of the notary.

Notaries at the Virginia Beach Public Library cannot:

- Notarize copies of any kind.
- Notarize birth, marriage or death certificates.
- Perform marriages or any other act that constitutes the practice of law.
- Prepare legal documents or give legal advice.
- Post or pre-date a document.
- Notarize documents in a language they do not understand, or
- Sign I-9s.

Identity Security Reminder

We assure you that the Senior Resource Center does not gather or share any members' personal information, like date of birth, Social

Security information, etc. We also do not call anyone questioning them about medical insurance plans. We have received 3 phone calls in past weeks from non-members who have been bombarded by callers that claim they are from the Senior Resource Center, but the calls do not show our phone number. These calls are from scammers using fake phone numbers, possibly claiming to be calling about Medicare plans. Please do not answer phone calls from unfamiliar phone numbers and if you do answer a fake call by mistake, hang up as soon as you know it's a scam. Also, be sure to attend the April 6 lecture about scams, so you'll learn more about protecting yourself and your money.

Are You a Caregiver of Someone with Dementia?

If you provide care for anyone who has one of the many forms of dementia, there are two very helpful resources online for you if you can make time to get on your device. Two renowned dementia experts provide a wealth of free information, resources and role-playing demonstrations on both Facebook and YouTube. Check out Teepa Snow and Adria Thompson (on Facebook as Be Light Care Counseling). Both brilliant women happen to be occupational therapists but have become the most-in-demand dementia educators. By watching their informative posts, you'll find new and different ways of handling the often-difficult behaviors that come with dementia, and as a result you can reduce your stress and frustration. Take some time to check out these two experts; their free advice is priceless.

It's important to note that dementia is not a specific disease but rather an umbrella term. Dementia is a broad term that describes a **decline in cognitive ability** that is severe enough to interfere with a person's daily activities. It is caused by physical changes in the brain and is a progressive, degenerative condition that affects memory, thinking,

language, judgment, and behavior. According to experts there are over 120 types of dementia! The types we hear about most are Alzheimer's, Fronto-Temporal and Lewy Body. Diseases such as Parkinson's and Multiple Sclerosis can also develop kinds of dementia.

Free Benefits Counseling

SRC is very fortunate to have the services of Eileen Churchill from Senior Services of Southeastern Virginia (our Area Agency for Aging) once a month year-round at SRC. She provides valuable, free guidance regarding Medicare, Medicare supplements, prescription drug plans, Medicare Advantage and assistance evaluating eligibility programs and more. During the yearly Open Enrollment period in October and November she is at SRC all day, and from January -September she is at the SRC the 4th Wednesday monthly from 1-4p.m. Appointments are required by calling SRC at 757-385-2175. You can also reach Eileen directly at 757-963-9232. Eileen has helped many of our members save a great deal of money and find better coverage.

As was previously mentioned in a SRC newsletter, as of July 1, 2025, Virginia introduced a new "Birthday Rule for Medicare enrollee. This provides an additional annual open enrollment opportunity for individuals currently enrolled in a Medicare supplement policy. This new period provides a 60-day open enrollment period, starting on the enrollee's birth date. During this 2-month period the enrollee can switch to any other supplemental Medicare policy (Medigap) with the same benefits offered by any other Virginia insurer, regardless of health status. This means you can't be denied coverage or charged a higher premium due to health conditions or claims history. You must be a Virginia resident and be currently insured under a supplemental Medicare policy to be eligible. This new rule doubles the time period for open enrollment.

The Benefits Counselor provides unbiased advice, and she is certified by VICAP, Virginia Insurance Counseling and Assistance Program.

Advance Directives are Important

National Healthcare Decisions Day is April 16- a time to begin or review your wishes for medical care through the end of life. Advance directives are legal documents that can include a Living Will and a Durable Power of Attorney for Health Care. Advance care planning is so important as it puts into writing what you wish to be done or not done if and when you become impaired and appoints a surrogate decision-maker if you are unable to communicate. With all the medical interventions that have been discovered, we can live longer, and we need to consider what we value most, quality or quantity of life. We and our families will benefit if we have a serious conversation so that these documents can be completed, and everyone will know what you want.

If you need to execute an Advance Directive or review one that you already made, this is the time to do it. You can find a free booklet from Sentara at the SRC that includes an acceptable form, but you may want to consult an elder care attorney to make sure your documents are exactly what you want and need.

Our Very Own Irish Dancer to Perform at Scope

Ena Dawson, the remarkable young woman who has produced our wonderful Christmas party for four years, is an incredibly talented Irish dancer. Even though she is a busy freshman at William and Mary, she is still very active with the Rhodes Academy of Irish Dance whose 50 dancers provided a wonderful performance for us on March 8 at Creeds Elementary. This dance troupe will be part of

this year's International Tattoo at Scope in Norfolk from April 16-19. There are evening performances at 7:30pm on April 16, 17 and 18 and a matinee on Sunday at 2:30. Go to www.vafest.org to purchase tickets or call 757-282-2800.

How to Be Happy in Life

*Advice from Grandma from Facebook
Awesome Notes and Quotes 12/10/25*

- ❖ Always remember—everyone has problems. You are not alone in facing difficulties.
- ❖ Challenges are part of living; only those who stop living have no challenges at all.
- ❖ Every problem carries a solution. Whatever pain you are going through, there is a way forward.
- ❖ How you see yourself shapes your happiness. View yourself as valuable, beautiful, and worthy. Do not let low self-esteem or an inferiority complex hold you back.
- ❖ Never allow the words of others to define you. Some people speak only to wound or discourage—don't give their opinions power over your peace.
- ❖ Surround yourself with wise, kind people who uplift you. Avoid those who mock your struggles or steal your joy.
- ❖ Use your free time wisely—read, learn, and pursue hobbies that enrich your mind and spirit.
- ❖ Do not be intimidated by money or material success. Today's hardships do not determine tomorrow's victories. Change is constant.
- ❖ Whatever you are facing, never give up. As long as there is life, there is hope. Keep trying—give yourself one more chance.
- ❖ Be prayerful. Pray without ceasing. Prayer strengthens the heart and brings blessings in perfect timing.
- ❖ Be brave enough to go after what you want. Life rewards those who take risks—without courage, dreams remain wishes.

- ❖ Practice gratitude daily. Even small blessings deserve thanks; gratitude turns what you have into enough and fills the heart with lasting happiness. ❤️

Donations

Bob and Martha Giovanelli

Mike Newbill

Linda Griffin

Charlie Small

Beth Swanner – in memory of Archie Shipp,
Barry Knight and Jim Morrisette



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.

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			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.)
5	6	7	8	9	10	11
Public School Spring Break April 6-10, 2026 Happy Easter 	11:00 Colin Stolle Senior Scams Pot Luck to Share (PR Nancy A) 	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)	No Line Dance Classes ~~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	
12	13	14	15	16	17	18
	6:00 - 8:00 pm Creeds Athletic Assoc. (PR Brittany N)	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 Dance Classes ~~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.)
19	20	21	22	23	24	25
	10:00-12:00 SRC Crafters for Charity Various 2026 projects (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) ~1:00-4:00 pm Medicare 1:1 Counseling. Schedule Time Slot (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 Face Planters PL, Reg, Req, (Angie V)	
26	27	28	29	30		
	12:00-2:00 pm SRC Volunteer Luncheon Sign Up Sheet RSVP (PR Nancy A) 	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 Easter
Public School Spring Break: April 6-10

