

# SENIOR RESOURCE CENTER, INC.

NEWSLETTER – JULY 2026

IN OUR EIGHTEENTH YEAR

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## 4th of July Celebration and Annual Meeting

Saturday, July 4 12:00 noon

In honor of our country's 250<sup>th</sup> anniversary, this 4<sup>th</sup> of July party promises to be full of patriotic spirit, great food and fellowship. After a very brief, required annual meeting, we will hear about some local Revolutionary history from Beth Bangley and sing a few favorite patriotic songs. Peggy Nelson will be our gifted accompanist.

The picnic will be indoors so don't worry about hot weather or rain. As always, we will provide hot dogs and corn, but we'd like you to bring side dishes and desserts. Bring your kids and grandkids to join in the fun and celebrate our precious freedom. Freedom and justice for all is more important than ever.

## Fond Memories Concert and Social Sunday

Sunday, July 26 2:00pm

Our favorite singing group will entertain, singing the oldies and goodies. We just love the talent and spirit of these vocalists. The concert is free but we welcome donations for the singers. We will enjoy treats at intermission, so please bring a sweet or salty treat to share.

## Walk and Talk

Wednesday, July 15 10:00am  
Pungo Blackwater Library

Engage your body and your mind! Join us for a walk while enjoying a casual chat about popular books. **This month's walk will take place at the Pungo-Blackwater Library.** Talk about titles you like and hear what others enjoy. Walks will last 30-45 minutes. Wear comfortable shoes and remember your water. Adults. Registration is required. Call 757-385-0150.

## Caffeinate and Rejuvenate

Friday, July 17 10:00am  
Pungo Blackwater Library



Join us for our Coffee & Crafts summer series where each month this summer we will 'caffeinate and create' various items using coffee as inspiration. In

July we will sip on a variety of coffees and discover the many ways coffee grounds can be repurposed, from gardening and deodorizing to cleaning and grooming. We will then make coffee-infused beauty products using recycled, dried coffee grounds. Please note any specific accommodation required when registering. Adults. Registration is required- call 757-385-0150.



## Youth and Teen Summer Reading Programs at the Library

Pungo-Blackwater Library has begun hosting their annual Summer Reading Challenge. You can come into the public library for programs and events or log your reading from home to earn prizes. Children ages 0-11 can participate by completing an activity map to track their reading activities over the summer. Teens ages 12-18 can participate by reading 3 books this summer and logging them in the online tracker through Beanstack.

## Parkinson's Education Day Friday, July 10 9:30am-12:30 pm

Join the American Parkinson Disease Association (APDA) Virginia Chapter for a breakfast symposium featuring three local specialists focused on specialized topics for those facing Parkinson's disease including treatment options, estate and advanced care planning and mental health and wellness for better symptoms. The lecture and continental breakfast are free and will be at Bay Lake Community, 4225 Shore Drive, VB 23455. Call Naomi at 757-408-8921 to register.

## Tips for Those with Parkinson's

We learned some valuable tips from Dr. Howard Weingberg at his recent lecture about Parkinson's disease. The most important thing to remember is that when you receive a diagnosis of Parkinson's, it is critical that you seek professional physical therapy early on. It can be very beneficial to be assessed by a therapist and to participate in several sessions. Speech therapy may also help in the beginning. Your insurance will usually cover these therapies, and you can initiate therapy by contacting a physical therapy center directly.

## Farmers Market Friday Night Hoedown Schedule

The hoedown season is now in full swing, so head on over to the Farmer's Market for music, dancing, and fun. 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.

|         |                     |
|---------|---------------------|
| July 3  | RawBee T's          |
| July 10 | Timeline            |
| July 17 | The Country Rockers |
| July 24 | Country Rebels      |
| July 31 | Rob Oliver          |

## VB Parks and Rec New Programs

FitPop is a new community fitness initiative for Virginia Beach launching in 2026. Their mobile fitness van will travel to parks, venues and events around Virginia Beach to host free, pop-up fitness classes, bringing movement, wellness, and fun directly to our community. FitPop offers a wide range of group fitness classes, including strength training, dance fitness/line dancing, stretch & relax, step, core, body-weight workouts, and walk programs. Just Google "Fitpop" and you'll see all that they have to offer.



## Senior Care Options Will You Be Prepared?

As we age, we need to consider what our plan is for the future. While we all would love to age gracefully and remain independent to the very end, that's not always the case. Modern medicine and new medications are keeping us alive longer, but we still may find ourselves needing help. It pays to learn about the possible options that could help us remain independent, before a crisis occurs. We also need to discuss our plans with our adult children, so they don't end up trying to guess what we want and need.

"Aging in place" is what most of us want to do, but that ideal option may not be possible as our bodies and minds age. We like the familiarity and privacy of our own homes and the control we have over our lives. But it may not be perfect if you begin to have trouble climbing the stairs in your two-story home, or the doorways and halls are too narrow to accommodate a walker or a wheelchair, or if getting in the bathtub becomes a problem. If declining health and energy keeps you home more, you may find that increased isolation means receiving less socialization and stimulation from getting out and about.

Learning about various equipment and devices can help you remain at home. You might consider installing an electric stair lift or elevator, reconfiguring your tub so you have a roll-in shower stall, or widening doorways to fit equipment. Adding safety bars in the bathroom, adding a potty chair frame around your toilet or buying a shower chair or tub transfer bench can make things much easier and safer. Electric chairs that can lift someone off the floor can be purchased for less than \$300 and can save the back of family caregivers. A "reacher/grabber" is an inexpensive item that keeps you from falling when trying to pick up or reach an article on the floor or in a cabinet. Items like these can be purchased at places like Walmart or online

at Amazon, etc., so you don't have to shop at an expensive durable medical equipment store. It may be wise to hire a contractor who specializes in retrofitting homes for the aging population; paying for this kind of professional help can be less costly than relocating to a care facility.

Another item that can be considered is a "Life Alert," an item that can call for help if you have a medical emergency. There are many types and brands, including Apple watches. This type of equipment is especially important for those who live alone. It's worth the purchase price or monthly fee to assure your safety and to avoid being on the floor for hours without anyone knowing you need help.

Another option, if you have a two-story home, would be to move your bedroom downstairs and remodel a downstairs half-bath to include a shower. An unused dining room could make a perfect downstairs bedroom.

The first step in seeking help could be hiring some type of outside help. Perhaps a companion to keep you company, do some light housework and prepare some meals might be an option. If hands-on help with showering or dressing is needed, a C.N.A. (Certified Nursing Assistant) would be needed. Unfortunately, these types of in-home care are usually not covered by medical insurance, but in some cases, if you have Long Term Care Insurance and meet the criteria of your policy, the cost may be at least partially covered. Medicare does not pay for this kind of on-going home care but does pay briefly if you qualify for skilled home care that would include physical therapy, speech therapy or occupational therapy. That care comes into play usually after a hospitalization for a stroke, a hip fracture, etc. Medicaid, on the other hand, does have a program called Personal Care which provides hands-on care with activities of daily living like bathing, dressing, etc. There is also a new Medicare program, the GUIDE Model, that provides additional in-home support for those with

dementia. Private pay in-home care is provided by a wealth of licensed home health companies. A less costly care provider is a caregiver who does not work for an agency but works directly for you. This type of worker may not be licensed but may have lots of experience and references. Again, it pays to learn about these care options ahead of time, so the cost is not a total shock. Checking with friends or neighbors who have in-home helpers can give you an idea of the cost per hour.

Another option when help is needed is to relocate into an independent living facility or a continuing care community. While congregate living may not be your cup of tea, it can provide a wealth of socialization, activities, meals and the security of having others close by if problems arise. Continuing care communities can provide care as your needs increase, although it means you would be moved from an independent unit to an assisted living section and then to a nursing home level of care section within the complex if necessary. Many facilities charge monthly rent while others also offer purchase of the unit. It is very common to have to pay an additional onetime "community" fee as you move in. It pays to check into costs of these types of care facilities well in advance as the fees may be much higher than you imagine. If you buy a unit in a continuing care facility you will pay a monthly maintenance fee which usually runs in the thousands. When looking at these kinds of care homes, you want to make sure you learn exactly what is covered, like incontinence supplies.

There are also private, unlicensed care homes located in residential neighborhoods, often managed/owned by retired nurses or aides. These homes provide very personal care as they have a low number of residents and provide a very home-like atmosphere. It is not easy to find these kinds of homes, but it's worth considering as an option as the cost is usually less than a larger facility.

There are many local placement consultants who can help you assess various options and places, and most do not charge a fee if you choose facilities they support. It can be worth it to seek this kind of guidance, even if you must pay, as it can save you a great deal of time and stress. These placement counselors know which places would be the best fit for you and the costs and can even accompany you on tours, so you know what questions to ask.

If long-term care in a nursing home becomes necessary, many residents must rely on Medicaid for payment. Out-of-pocket costs can quickly deplete a lifetime of earnings. Again, it is wise to learn at least the bare facts before an admission occurs. Medicare does not pay for long-term nursing home care. It does pay for temporary rehabilitation, usually after a hospital discharge, when skilled nursing and therapy are required. Many people assume that someone will receive 100 days of care from Medicare for this skilled rehab care, but it is very rare that a person stays that long, and after 20 days in-patient, Medicare does not fully pay the cost. If you or a loved one enters a nursing home for rehab, it is vital you stay in touch with the facility's social worker and care team so you'll be fully aware of an anticipated discharge date and prepare in the meantime for whatever changes need to be made for the person to safely return home.

It can be very overwhelming to consider our future as we age, and we may prefer to keep our heads in the sand. But when a medical crisis occurs, it can be even more overwhelming to be faced with immediate choices about which we are clueless. We and our grown kids may have absolutely no idea what the different types of care and caregivers are let alone the cost. If we have kept our financial business private so our kids know nothing about our income and assets, we should expect the worst when our circumstances change. If we suddenly cannot

be left alone and need constant supervision, or cannot walk without a lot of help, finding the best options will be a nightmare if our funds are unknown or don't exist. Oftentimes a home must be sold to pay for facility care, but that doesn't happen overnight. So, we can do ourselves and our family a huge favor by discussing all these scenarios now, when things are relatively calm.

We also should make sure we have obtained all the legal documents needed so that someone will have the legal power to handle our affairs if we are unable to do so. Durable Power of Attorney for Finances and Healthcare (two separate documents) as well as an Advance Directive (Living Will) are the documents we all need. Making sure that those we name as our "agents" have agreed to serve in that capacity and know what our preferences are must be part of this process. For some people, establishing a trust might be recommended-one more thing to consider.

Dealing with physical decline and perhaps dementia as well may be in the cards for many of us, so it is so important to think about and discuss all the ramifications early on, with your spouse, your family or friends. Being prepared and at least having some idea of options and costs can make a huge difference in how you handle the major challenges you may face as you age. It's better to develop a care plan now and not face crisis management later.

Adapted from *What Types of Senior Housing are Available*" by Dina Cheney, NY Times 11/29/25

## Donations

Beverly Almond

Teresa Honeycutt

Kenny and Catherine Davis

Anne Bright

Crfters for Charity

### 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](http://www.vbsrc.com) and help save printing and postage costs.

# July 2026

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---|--|--|---|---|---|--|
|   |  |  | <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>   |
|   |  |  | 1030-12:00<br>Read & Share<br>(PR Angie V.)   | 8:30 Board Meeting<br>~Line Dance (PR R T)<br>12:30 - 2:00 pm Reg/Easy<br>2:15 - 3:30 pm Beginners<br>~~12:30 - 4:00 Mah Jong<br>(PR Missy S) | 10:45 am<br>Friday Writers Group<br>~12:30 Cards<br>(Card Group PR)   | <br>12:00 Noon<br>SRC Annual Business<br>Meeting & Picnic |
| <b>5</b>  | <b>6</b>   | <b>7</b>   | <b>8</b>  | <b>9</b>  | <b>10</b>   | <b>11</b>  |
|   |  | 9:30 Exercise<br>(PR R. Joyner)<br>~10:45 -12:30 Euchre<br>(PR Marcia H.)<br>~~12:30 Cards<br>(Card Group PR)<br>~~~1:00 Bingo (PR Jim S.) | 1:00 History<br>(PR Beth Bangley)   | ~Line Dance (PR R T)<br>12:30 - 2:00 pm Reg/Easy<br>2:15 - 3:30 pm Beginners<br>~~12:30 - 4:00 Mah Jong<br>(PR Missy S)                       | 10:45 am<br>Friday Writers Group<br>~12:30 Cards<br>(Card Group PR)   |  |
| <b>12</b>   | <b>13</b>  | <b>14</b>  | <b>15</b>   | <b>16</b>   | <b>17</b>   | <b>18</b>  |
|   | 6:00 - 8:00 pm<br>Creeds Athletic Assoc.<br>(PR Brittany N)                          | 9:30 Exercise<br>(PR R. Joyner)<br>~10:45 -12:30 Euchre<br>(PR Marcia H.)<br>~~12:30 Cards<br>(Card Group PR)<br>~~~1:00 Bingo (PR Jim S.) | 10:00 am Walk & Talk<br>30-45 min Walk, Reg. Req.<br>Meet@ PBL<br>(Change of Venue)                                   | No Line Dancing*<br>~~12:30 - 4:00 Mah Jong<br>(PR Missy S)   | 10:45 am<br>Friday Writers Group<br>~12:30 Cards<br>(Card Group PR)<br>~~Caffeinate & Rejuvenate<br>10:00 am @PBL Reg Req.<br>(PR Angie V.) | <br>5:00 to 8:00 PM<br>Game Night<br>(PR Rita T.)         |
| <b>19</b>   | <b>20</b>  | <b>21</b>  | <b>22</b>   | <b>23</b>   | <b>24</b>   | <b>25</b>  |
|   | 10:00-12:00<br>SRC Crafters for Charity<br>Ditty bags/School Supplies<br>(PR Gaby M) | 9:30 Exercise<br>(PR R. Joyner)<br>~10:45 -12:30 Euchre<br>(PR Marcia H.)<br>~~12:30 Cards<br>(Card Group PR)<br>~~~1:00 Bingo (PR Jim S.) | 1:00 History<br>(PR Beth Bangley)<br>~1:00-4:00 pm<br>Medicare 1:1 Counseling.<br>Schedule Time Slot<br>(PR Eileen C) | ~Line Dance (PR R T)<br>12:30 - 2:00 pm Reg/Easy<br>2:15 - 3:30 pm Beginners<br>~~12:30 - 4:00 Mah Jong<br>(PR Missy S)                       | 10:45 am<br>Friday Writers Group<br>~12:30 Cards<br>(Card Group PR)   |  |
| <b>26</b>   | <b>27</b>  | <b>28</b>  | <b>29</b>   | <b>30</b>   | <b>31</b>   |  |
| Fond Memories<br>2:00 - 4:00 pm<br>Dessert Potluck<br> |  | 9:30 Exercise<br>(PR R. Joyner)<br>~10:45 -12:30 Euchre<br>(PR Marcia H.)<br>~~12:30 Cards<br>(Card Group PR)<br>~~~1:00 Bingo (PR Jim S.) |   | ~Line Dance (PR R T)<br>12:30 - 2:00 pm Reg/Easy<br>2:15 - 3:30 pm Beginners<br>~~12:30 - 4:00 Mah Jong<br>(PR Missy S)                       | 10:45 am<br>Friday Writers Group<br>~12:30 Cards<br>(Card Group PR)   |  |

Notes: Pungo-Blackwater Library hosting their Summer Reading Challenge.

\*Denotes a Class cancelled per Instructor

