


# SRC June 2020 Newsletter

## Here We Go Again!

None of us had any idea when Covid 19 first appeared that our social distancing practice would still be the custom. Two months after our schools closed and we were told to stay at home, we still aren't sure when we will be allowed to return to whatever the new "normal" will be. We want to be back at the Senior Resource Center, but will have to figure how and when we will be able to do that safely.

We hope that everyone has managed to avoid the virus and has adjusted to being at home most of the time. There are obviously lots of folks who carelessly go out in public without face masks, but we hope we are all practicing safe habits.

We will advise everyone when we know that we can open the doors at the center. In the meantime, stay safe and take good care of yourself.



Be **SAFE** from coronavirus infection  
Be **SMART** & inform yourself about it  
Be **KIND** & support one another

## Medicare Counseling by Phone

Senior Services of Southeastern has provided us with the following update:

As the COVID-19 situation unfolds, we are making changes to protect both our Medicare beneficiaries as well as our staff. Until further notice, Benefits Counseling will only be available by phone appointment. 757-222-4524

### Senior Services' VICAP Certified Medicare Benefits Counselors

- Apply for Medicare benefits
- COVID-19 Medicare Related Issues
- File Medicare claims and resolve billing issues
- Enroll in a Medicare Prescription Drug Program (Part D)
- Choose a Medicare Advantage Plan
- Choose Medigap (Supplemental) Plan
- Explain the differences between Original Medicare, Medicare Advantage Plans and Medigap Plans
- Understand your Medicare premiums
- Check Eligibility for assistance with Medicare Cost and assist with applications
- Direct to other Service that might be available through Senior Services of Southeastern Virginia

Senior Services offers one-on-one unbiased counseling sessions as well as informational seminars. There is no charge for these services. Call Bonnie Dozier at 757-222-4524 leave a detailed message to make a phone appointment.



## I Love You Mom!

~ Anon

Mom's smiles can brighten any moment,  
Mom's hugs put joy in all our days,  
Mom's love will stay with us forever  
and touch our lives in precious ways...  
The values you've taught,  
the care you've given,  
and the wonderful love you've shown,  
have enriched my life  
in more ways than I can count.  
I Love you Mom

## Happy Father's Day

by William Jones Kenion

He never looked for praises  
He was never one to boast  
He just went on quietly working  
For the ones he loved the most.

His dreams were seldom spoken  
His wants were very few  
And most of the time his worries  
Went unspoken too.

He was there...A firm foundation  
Through all our storms of life  
A sturdy hand to hold on to  
In times of stress and strife

A true friend we could turn to  
When times were good or bad  
One of our greatest blessings  
The man who was our Dad.

We failed to acknowledge Mother's Day  
in our May newsletter, so we belatedly  
offer this poem:



Three sisters, ages 92, 94 and 96, live together. One night the 96 year-old draws a bath. She puts one foot in and pauses. "Was I getting in the tub or out" she yells.

The 94 year-old hollers back, "I don't know, I'll come see." She starts up the stairs and stops. She shouts. "Was I going up or was I coming down?" The 92 year-old is sitting at the kitchen table having tea, listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful," and knocks on the wood for good measure. Then she yells, "I'll come up and help both of you as soon as I see who's knocking at the door.

(some of us may not be willing to admit that we are beginning to act a little bit like these sisters, but hopefully we can still find some humor in this story.)

## Your Family Tree

In last month's newsletter we included an article about all the free services available from our Virginia Beach library system. If you haven't yet taken advantage of all that they offer, take the time to sign on, using your library card and PIN number. Nancy Allan has been having fun using [ancestry.com](http://ancestry.com) for free, via the library's site, and so far she's been able to track her family tree back to her great, great, great, great, great, great paternal grandfather, Obidiah Keates, born in England in 1709. Those of you who are already into genealogy know how fascinating it can be to track records of your family history.



## SRC Mailing List Update

We have tried to call almost everyone on our massive mailing list, to check to see how they were faring during this strange time and to also make sure they wanted to still be on our list. We discovered a multitude of disconnected or wrong phone numbers as well as bad email addresses. We are trying to track down those folks that we were unable to call. If you have changed your phone number or email address since you originally signed up to get our newsletters, can you please contact us and give us your new contact information? You can email us at [info@vbsrc.com](mailto:info@vbsrc.com) or leave a message at 385-2175.

We want to hear from you!

## Free Facebook Concerts and Yoga

If you go online on Facebook, take advantage of some of the great musical offerings that are available on these Facebook pages:



**Frank Sings Frank---** Frank Cubillo, one of the Fond Memories quartet that has entertained us at the SRC multiple times, is singing, from his home. Join his Facebook page and listen to him croon for an hour starting at 7 p.m. every Friday.

**Vocal Group Fond Memories-** use this tag to follow their page. If you missed their Facebook concert last Saturday, you can watch the video now.

**Mat and Savana Shaw**—this incredible father-daughter singing duo are incredible. They live in Utah and are providing frequent videos. She is only 15 but sings like an angel.

Hopefully you are also taking advantage of all the amazing Zoom concerts and shows on Facebook. What a great opportunity to hear great music for free!

## YogaClass

Our very own Linda Tingle, our wonderful yoga teacher, is providing her yoga class online. Follow her on Facebook at Linda Tingle, and enjoy a free hour of yoga without leaving your home. Thanks to Linda for providing this great resource.



### **When I'm an Old Lady**

By Barbara Hall, from her book  
"Tales from a Cowgirl's Camp"

When I'm an old lady, I'll live with my  
kids,  
And make them so happy, just as they  
did.

I want to pay back all the joy they've  
provided,  
Returning each deed. Oh, they'll be so  
excited.

When I'm an old lady and live with my  
kids.

I'll write on the walls with reds, whites  
and blues,  
And bounce on the furniture wearing my  
shoes.

I'll drink from the carton and then leave  
it out,  
I'll stuff all the toilets, and, oh how they'll  
shout.

When I'm an old lady and live with my  
kids.

When they're on the phone and just out  
of reach,

I'll get into things like sugar and bleach.  
Oh, they'll snap their fingers and then  
shake their head,

And when that is done I'll hide under my  
bed.

When I'm an old lady and live with my  
kids.

When they cook dinner and call me to  
meals,  
I'll not eat my green beans or my salad  
congealed,  
I'll gag on my okra, spill milk on the table  
And when they get angry, run fast as I'm  
able.

When I'm an old lady and live with my  
kids.

I'll sit close to the TV, thru the channels  
I'll click.

I'll cross my eyes to see if they stick.  
I'll take off my socks and throw one  
away,  
And play in the mud until the end of the  
day.

When I'm an old lady and live with my  
kids.

Later, in bed, I'll lay back and sigh,  
And thank God in prayer and then close  
my eyes.

And my kids will look down with a smile  
slowly creeping,  
And say with a groan, "she's so sweet  
when she's sleeping."

When I'm an old lady and live with my  
kids.



We are sorry to announce that we will not be holding our annual 4th of July celebration this year.

That party is always the biggest gathering at SRC, and even if the Covid 19 restrictions are lifted by then, we simply do not feel comfortable packing the center with such a big crowd. We look forward to having a reopening get together when we know it is safe to be close to others.

### 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

Johnnie Williams 470-7186

#### Vice President

Sharon Prescott 630-2660

#### Treasurer

Pat Jenkins 618-5304

#### 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 426-7501

#### City Liaison

#### Newsletter

Anne Bright 426-7832

#### Newsletter Layout

Tom Shearer 426-7831



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.

Senior Resource Center  
912 Princess Anne Road  
Virginia Beach, VA 23457  
385-2175

Website: [www.vbsrc.com](http://www.vbsrc.com)

Email: [info@vbsrc.com](mailto:info@vbsrc.com)