

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – FEBRUARY 2022

IN OUR FOURTEENTH YEAR

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

Black History Month Lecture

Wednesday, Feb. 2 10:30 am

In honor of Black History Month and in conjunction with the SRC Book Club, we are proud to present local historian and author Edna Hawkins-Hendrix. She is co-author with Patrick Gallagher (former Deputy Chief of Police with the VBPD and now Chief of Police in New Bern, N.C.) of the recent book, *Black Law Enforcement Pioneers Princess Anne County and Virginia Beach, Virginia*. This book details several local Black law officers who were vital parts of our community. Mrs. Hawkins-Hendrix has made considerable contributions in chronicling the history of Blacks in Princess Anne County. She has also published a series of 12 bookmarks, each with a history of a person, place or event prominent in local Black history.

This lecture will be in place of the monthly book club and everyone is invited. Don't miss this chance to learn more about some of our brave forebears. Coffee and muffins will be provided.

Valentine's Day Singalong

Monday, Feb. 14 1:00 pm

Peggy Nelson, who did such a tremendous job providing our first ever Christmas carol singalong, has agreed to return to accompany us with a love song singalong in honor of Valentine's Day. Bring your honey or come by yourself and join in the fun. We don't require previous choir experience or tryouts—all we ask is that you bring along your enthusiasm. Coffee and Valentine treats will be provided. And maybe there will be some romantic poems presented as well.



Annual First Responders

Appreciation Lunch

Wednesday, Feb. 16 11:00 - 1:00

We are happy that we can resume this annual tradition that was shelved during the pandemic. This is our once-a-year opportunity to show how much we appreciate our police, fire and rescue squad personnel. It also provides a chance for you to meet and greet those dedicated first responders who make our lives safer. The main entrée will be provided by the SRC, but **we'd like you to bring desserts**. We expect different shifts of workers to attend, so plan to stay awhile and get to know your local safety folks.

Benefits Counseling

Wednesday, Feb. 23 1:00-4:00 pm

Bonnie Dozier from Senior Services of Southeastern Virginia will meet with you 1:1 to discuss Medicare concerns and other benefits for seniors. Call the center at 385-2175 to reserve one of the three appointment slots. Senior Services is our Area Agency on Aging and can provide information and referrals regarding benefits and resources for seniors.



Presidents' Day Birthday Party

Monday, Feb. 21 2:00 pm

Do you remember when we used to celebrate George Washington's birthday? In 1971, that holiday became known as President's Day as part of the 1971 Uniform Monday Holiday Act. That was enacted to give an additional three-day weekend for workers. It is now viewed as a day to celebrate the birthday of George Washington, Abraham Lincoln and all U. S. presidents. The center will be open on this holiday, and birthday cake and beverages will be provided.

Tai Chi Class on Hold

We are very sorry to have to announce that until further notice, Friday morning Tai Chi Classes are cancelled. Our wonderful instructor, Gary Donovan, is dealing with some medical issues and hopes to resume classes when he is able. Keep Gary in your thoughts and prayers. Gary's classes have been very well attended and appreciated, so he will be greatly missed.

Volunteer Recruitment

We were pleased and encouraged to see a good turnout for our volunteer recruitment lunch on Jan. 10. We successfully signed up several new volunteers for "desk duty" and also found 2 members who will take charge of updating the marquee. But we are not out of the woods yet!

We continue to seek additional volunteers to cover just one 3 ½ hour shift per month, so please call us at 385-2175 or email us at info@vbsrc.com and provide your name and phone number.

Some specific tasks we need help with:

- **PR Person** Tech savvy person to create flyers for lectures, parties, etc. for email publicity.
- **Facebook page** formatting and posting/updated as needed
- **Tech help** for lecturers to help hook up their laptops to our TV for power point presentations, to be available for each scheduled lecture.
- **Seasonal white hallway tree decorating-** to change the decorations as the seasons/holidays occur.
- **Furniture set up** before lectures/pot luck meals- we need a few good men who can set up our 6 foot tables and folding chairs prior to each event. Attendees are helpful in putting furniture away after events, but set up continues to be a big problem.
- **Board of Directors** We are in desperate need of new board members who have fresh energy and ideas. Meet monthly, the first Thursday at 8:30 a.m. Most of our current board members have served for many, many more years past their two year term of office, as no one else has volunteered.
- **Activity Planning Committee-** meet first Thurs. each month after board meeting to plan and arrange monthly activities.
- **Kitchen Committee** Help with setting up the kitchen before each event that involves pot luck or meals and help cleaning up after event. You'd need to be able to come an hour or so ahead of time.

Scheduling Needs Can You Help?

We now have more empty schedule slots for weekly activities and we need your help. Yoga and Tai Chi are no longer being offered, and the domino game on Monday has also been sidelined. We used to have a Crafters Anonymous group that met one Saturday a month, but that, too, no longer takes place. We would greatly appreciate it if you will consider sharing your talent, hobby or interest with us. Whether it would be as a onetime event, with you as the lecturer or leader, or maybe a new weekly class led by you---we welcome your input and your time. We know everyone has something to offer and others could benefit from your expertise or passion. Perhaps we could begin a Monday craft club if that famous “someone” would step up to the plate to coordinate it. Could we find a volunteer to lead a second exercise group weekly? Also, if you know of someone who could provide a yoga or exercise class, craft ideas, painting instruction, etc., please let us know. We “old-timers” have run out of new ideas and energy, so we need your help.

Paper Shredding Available

If you have spent time getting your paperwork in order to file your tax return, how do you get rid of that pile of old forms, statements etc.? SRC has a large paper shredder available for you to use to safely dispose of your unwanted records. That could be the perfect thing to do while you are volunteering for desk duty!

Local Resource File

We need to update and add to our resource file of local tradespeople that you can personally recommend. If you have had a good experience with a local repair person or business, please let us know the name, number and service they provide. We'd like to support those trustworthy and dependable workers who live in the nearby area. Possible providers could include plumbers, electricians, car mechanics, yard maintenance, notaries, in-home companion or nursing care, etc.

Home Hacks to Make Senior Living Easier

Per AARP(video library at aarp.org) the following tips can help make your home safer as you age:

- Reduce fall risk by creating color contrast when steps end at another level- use different carpet, tile or paint to mark the transition.
- Put couches, chairs and beds on risers to make them easier to get in and out of. A set of floor heavy plastic risers are inexpensive.
- Buy lamps with toggle switches in the base so you don't have to fiddle with knobs
- Change your old fashioned light switches to wider, bigger switches to make them easier to use.
- Use arm chairs with some space between the seat and the floor so you can put your feet slightly back beneath you to help when rising.

- Paint the back of your cupboards, cabinets and closets white to increase contrast and make it easier to find what you are looking for.
- Install a liquid soap dispenser on the wall in your shower to avoid using bar soap- falls occur when stooping to retrieve a fallen bar of soap.
- Replace old-fashioned door knobs with lever-style handles.

Another Year Has Passed

Another year has passed and we're all a little older.

Last summer felt hotter, now winter seems much colder.

I rack my brain for happy thoughts to put down on my pad,

But lots of things that come to mind just kind of make me sad.

There was a time not long ago, when life was quite a blast.

Now I fully understand about "living in the past."

We used to go to parties, picnics and lunches.

Now we stay at home, preferring snacks to brunches.

We used to have hangovers from parties that were gay.

Now we suffer body aches and sleep the night away.

We used to go out dining and couldn't get our fill.

Now we ask ask for doggie bags, come home and take a pill.

We used to travel to places near and far.

Now we get headaches from riding in the car.

That, my friend, is how life is, and now my tale is told.

So, enjoy each day and live it bold, before you are too old!

(You may find this poem depressing, but it can serve as a reminder to "seize the day.!")

Medication That Can Raise Your Blood Pressure

A survey reported that nearly 3 out of 4 Americans over 60 years old have high blood pressure, yet possibly almost 20% of them may be taking medications that could elevate their blood pressure. Be aware that you may undermine your blood pressure meds by taking:

Over the counter drugs: Ibuprofen and naproxen (anti-inflammatory drugs) and can increase the risk of heart attack or stroke with high doses or prolonged use. (per the American College of Cardiology.) Some over the counter (OTC) can raise blood pressure, including some products for cough, colds and flu, decongestion, weight-loss, antacids high in sodium and some herbal remedies and dietary supplements.

Prescription drugs-Some prescribed medicine can exacerbate hypertension (high blood pressure), including certain antidepressants, oral steroids, and immunosuppressants that are used to treat autoimmune diseases and cancers.

To protect yourself, ask your doctor and pharmacist about the medications you are prescribed' as well as the over the counter drugs you buy. Take a current list of all your medications to your doctor appointments or to

ER visits... Use a single pharmacy if possible so the pharmacist can alert you to potential problems or concerns.

Two helpful websites that you can use to research your drugs are:

www.PIMsPlus.org www.Helpwithmymeds.org

These sites provide information about side effects of medication and problems when using multiple medications (polypharmacy.) Adapted from AARP Bulletin October 2021 *Pills That Pump Up the Pressure* by Cynthia Keen.

Donations

Johnnie and Rae Williams envelopes for the newsletters.

Juanita Swoope and Robert Burns in memory of Robin and Tony.

The Card Players Group in memory of JoAnn Arnold to be used as needed.

Emory Lewis Jr. to be used as needed.

Philosophers of the Century (with thanks to Mike Newbill for sharing)

The only reason they say "Women and children first" is to test the strength of the lifeboats. -- Jean Kerr

When a man opens a car door for his wife, it's either a new car or a new wife.—the late Prince Philip

Wood burns faster when you have to cut it yourself.—Harrison Ford

Having more money doesn't make you happier. I have 50 million dollars, but I'm just as happy as when I had 48 million.—Arnold Schwarzenegger

We are here on earth to do good unto others. What the others are here for, I have no idea. — W.H. Auden

As I hurtled through space, one thought kept crossing my mind- every part of this rocket was supplied by the lowest bidder.—John Glenn

America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked. —David Letterman

Home cooking. Where many a man thinks his wife is.—Jimmy Durante

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.¶

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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¶

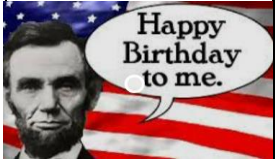
President¶ --Johnnie Williams--470-7186¶ Vice President¶ --Sharon Prescott--630-2660¶ Treasurer¶ --Pat Jenkins--618-5304¶	Hours of Operation¶ Monday -- Friday, 9:00 AM -- 4:00 PM¶ ¶ During inclement weather, The SRC operates on the local school schedule.¶
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Councilwoman¶
--Barbara Henley--426-7501¶
City Liaison¶
¶
Newsletter¶
--Nancy Allan--422-1292¶
--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 and help save printing and postage costs.¶

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Groundhog Day 1	2	3	4	5
		9:30 Exercise (PR R. Joyner) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	10:30 - 12:00 Black History Month Edna Hawkins-Hendrix lecture on her new book , Reading Group (PR Marcia H.)	8:30 Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Conversations (PR Sarah B.) 12:30 Cards (Card Group PR)	1:00 Game Day (PR Jo-Ann R.)
6	7	8	9	10	11	12
		9:30 Exercise (PR R. Joyner) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 Writing (PR Jan D) 12:30 Cards (Card Group PR)	
13	14	15	16	17	18	19
	1:00 PM Time TBD Sing-A-long (PR Peggy N) 	9:30 Exercise (PR R. Joyner) 11:00 Euchre - (Card Game-4 Players needed) (PR Marcia H.) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	11:00 to 1:00 PM First Responders' Appreciation Lunch (PE Barbara H) 	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 am Conversations (PR Sarah B.) 12:30 Cards (Card Group PR)	 6:00 to 9:00 PM Game Night (PR Rita T.)
20	21	22	23	24	25	26
	 2:00 PM President's Birthday Party	9:30 Exercise (PR R. Joyner) 12:30 Cards (Card Group PR) 1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley) 1:00 - 4:00 Questions on Medicare-Medicaid (PR Bonnie Dozier)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Beginners 2:00 - 3:30 pm Regulars	10:45 Writing (PR Jan D) 12:30 Cards (Card Group PR)	
27	28					