



October 2018

Apple Scrapple Festival

October 12th & 13th



Issue II Volume

Who Are We?

Bridgeville Senior Center is a non-profit organization whose mission is to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of the senior population in the Bridgeville and surrounding area. The center was originated in the early 70's.

Nutrition Program

The Outreach Worker/ Teri Ricketts, assesses client to their eligibility to receive homebound meals, to those 60 and over or those to be determined by CHEER/ Division of Aging. With the help of volunteers Teri, delivers meals to clients Monday thru Friday, throughout Bridgeville and the surrounding area. Approximately 362 meals are delivered to homebound clients weekly. Teri is able to assist and refer clients with information to various agencies, and organizations.

This means that the Food Service Manager (Korisha Davis), Food Service Worker (Geraldine Cannon), and FS Trainee (Sharron Williams), prepare nearly 19,000 meals yearly, not even including the congregate meals. The kitchen staff also prepare desserts for each of these meals. Congregate meals are meals served at the center.

Approximately 60 congregate meals are served weekly, around 3,100 yearly. These meals mean a lot to those who are unable to prepare for themselves and have no family member or friend to cook for them.

Activities

The Program Director (Sylvia Jacobs), serves the congregate seniors by listening, understanding, and creating activities around, what the participating senior are interested in. Various trips and activities are also planned to attract others. The congregate members have just been introduced to playing Wheel of Fortune and Hangman. Hopefully after they are more versed in these games we'd like to form teams. These games are played through program/app on the television. The members currently enjoy playing UNO and Flinch. Bingo and Bible Study are day's that we see more members come in than most days. Let us not forget bowling, happens most Thursdays.

Happy Birthday !

- 1st** Tushia Brown
- 1st** Betty Moore
- 1st** Kenneth Whaley
- 9th** Anne Malestein
- 10th** Sylvia Jacobs
- 16th** Judy Kalman
- 21st** Maurillo Villalovos
- 31st** Mary Deshields

Inside Newsletter

- *Activity Calendar
- *Menu
- *Notes from Staff
- *Health Notes
- *Organization
- *Board of Director
- *Volunteer Opportunities

Members that participate in the center more than three days a week, are transported to medical facilities, free of charge.

There are different days, members decide rather or not, if they want to come into the center. Rather than be home alone, some decide to come in for the companionship, others to help others. We have clients that come in who barely ever eat lunch. We have those who come in for the meal. Each person has their own reason. But, we must not forget those that are in need of help stay above water, let us help someone else to swim or even stay afloat. Through prior and current staff and volunteers, the Bridgeville Senior Center has, and is still serving those in need.

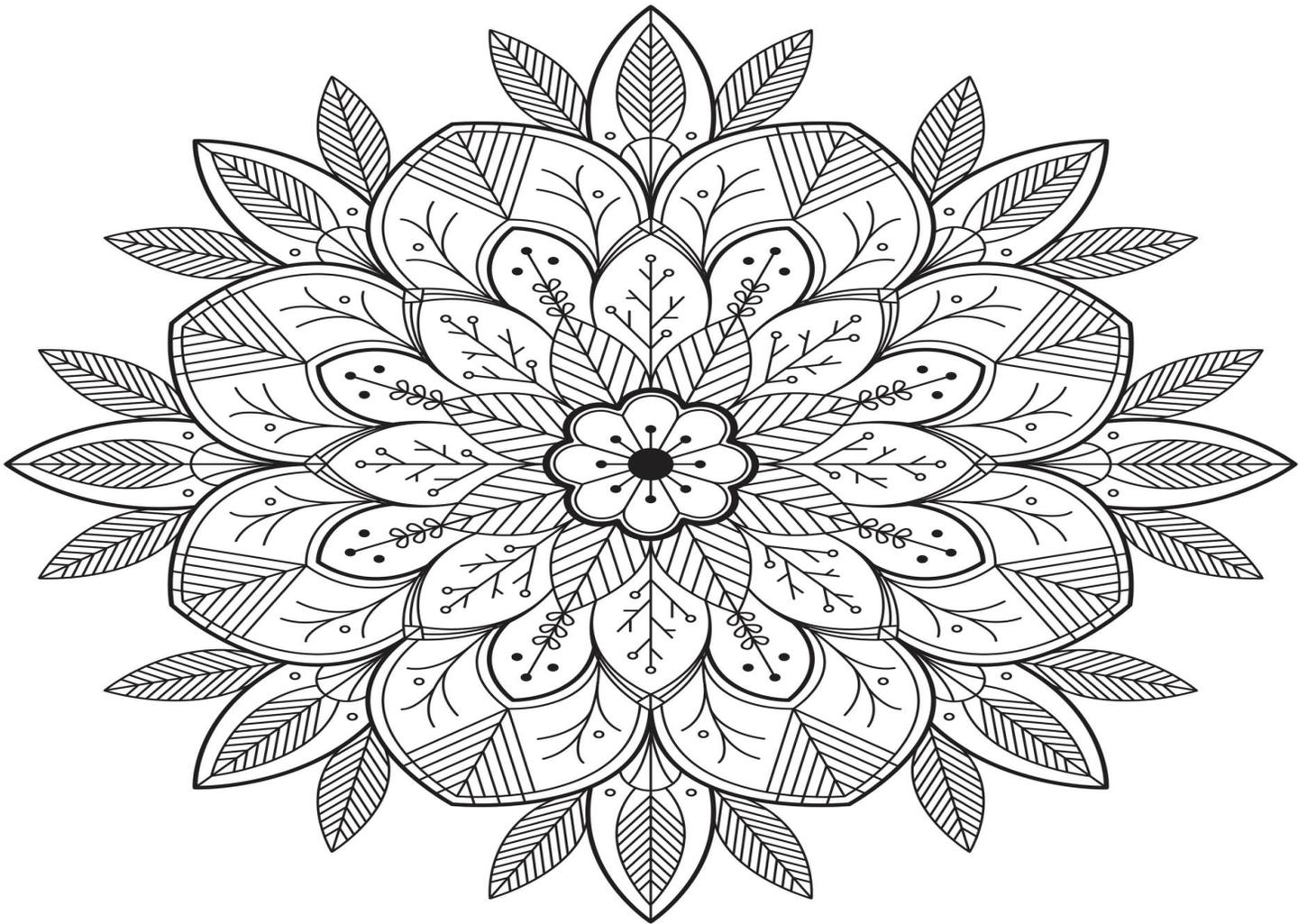
Were able to serve seniors in the Bridgeville and the surrounding area, through our continued fund raising and Grants from the state and county. We also survive with the support of the Kiwanis BBQ fundraiser held annually in August. During the Apple Scrapple it's one of our biggest fundraisers. Scrapple Sandwiches are sold, scrapple being donated by Ralph and Paul Adams. The center also receives funds from vendors spaces after 20% commission to the Apple Scrapple Festival and expenses.

Notary Service Free to seniors 60 and over.

Coloring

Do you think of coloring as something for children to do? I did! The only time that I ever purchased a coloring books it's always for the Grandchildren. You know something constructive to keep them occupied and see what kind of creativity they have in them. Plus, while they're coloring it keeps them **calm**. I enjoying coloring with the grandchildren and not thought of how relaxing it is until I read this article.

Well, in the National Color Day it said coloring is a form of meditation. It's also said, that coloring relieves stress and is a mood booster. A research study shows that engaging seniors in creative activities such as coloring, help improve their health, improves less doctor visits, reduce medications and decrease the number of health problems. I don't know about you, but I'm going to find time to color, starting with this picture. Please join me. Email me your picture or another picture, which we will post on our website, also write what you felt, while you were creating your work of art. Send picture to srcenter2@verizon.net.



Since the color purple, is often associated with royalty, nobility, luxury, power, and ambition, plus, purple also represents meanings of wealth, extravagance, creativity, wisdom, dignity, grandeur, devotion, peace, pride, mystery, independence and magic, the challenge is to use as many colors of purple such as (mauve, amethyst, violet as examples) as possible, with hints of any other color that you choose.

It's a wonderful feeling, when I think of old age it really is just a number. When serving the Lord, He makes all the difference in our lives. After reading this article, I wanted to share it.

Happy Heart

I didn't want to open my eyes that morning, let alone get out of bed. It wasn't just winter cold. It was... everything. My breast cancer had returned. My two, twenty something children had moved back home, and every day brought another argument over who was going to do what around the house. Most of the time, the answer was me, and I just couldn't do it all anymore. Even my job teaching ESL, at an elementary school, normally a joy, was stressing me out, because I was prepping my students for high-stakes testing.

I had to get up and go to work. I opened my eyes a crack. My gaze fell on the basket across the bedroom, piled with my late grandmother's embroidery. Grandma Sadie-now there was someone who could do it all. She raised nine children on a farm during the Dust Bowl. She lost a leg in an accident in her forties, but didn't let that stop her. She lived to 107, independently until she was 102. When a reporter asked her the secret to such a long, productive life, she replied, "Start each day with a happy heart."

Oh, Grandma, I wish could, I thought. She was so proud when I got into college, that she took me shopping for things for my dorm room. I was touched because Grandma didn't much like shopping; it went against her Depression-era frugality. Everything she got me served a practical function, like a little alarm clock, so I wouldn't be late for class, a sturdy mug for my coffee, if I needed to stay up writing a paper.

Above my desk, I'd hung a note Grandma had written me shortly before she died, It read "I love you, dear girl" in her spidery handwriting. Inspiration to live up to her example.

Brrriing! Brrriing! My eyes flew open. What was that sound.

A muffled ringing, like a bell from somewhere across the room. Brrriing!

I threw off the covers and got up to investigate. The ringing was coming from that basket of embroidery. I reached in and felt around. Aha!

I pulled out the Baby Ben windup alarm clock that Grandma Sadie had given me. I'd wound it too tightly in college and it hadn't worked for more than 30 years.

Until now, when I'd needed a wake-up call more. It was

time to start my day...with a happy heart.

A happy heart is good medicine. Enjoy your day.

Sylvia Jacobs Program Director

Several Lifestyles to help maintain your Memory

Physical Activity:

Try to be as active as you can in daily life; such as sitting less, taking the stairs, instead of the elevator. You should try to get at least 150 minutes a week of activity. There is walking, riding bike, swimming, lifting dumb bells, etc. Fitness could be one of the best tool, we have, to help avoid cognitive impairment and dementia.

Brain Games:

Doing puzzles, and playing Board games could help your Brain power. Anything, that makes you think, with these stimulating activities, are engaging with your Brain. Also, your Brain could benefit, in doing Photography, Quilting, or other crafts, researching your genealogy, etc.

Eating the Mediterranean way:

A healthy eating plan that has Whole Grains, Fruits, Vegetables, Fish, Nuts and Olive Oil on your plate, and cutting back on Red meat, could help, keep your Brain in shape. It could help, with a lower risk, of getting a cognitive impairment, than people who don't follow this diet.

Friends and Family:

Doing things in groups, or with a Friend, like learning and doing new activities together, are even better for your Brain. In doing these activities, with a group or Friend, could help you stick with the activities.

Cleansing your Brain:

After your Day is done, it is important, to get your sleep, that is needed, to give your Brain, the rest it needs for cleansing. It sometimes is a struggle for Older Adults, to get enough sleep. Sleeping on your Right or Left side could be more comfortable, than on your Back or Stomach.

Teri Ricketts Outreach Worker

The Bridgeville Senior Center consist of Board of Directors , and a you see below that we are in need of a Secretary and an Assistant Secretary.

President: William E. Teagle

Vice President: Winford Gregory

Secretary: _____

Assist Secretary: _____

Treasurer: Marie Robinson

Asst. Treasurer: Diane Lampman

Betty Henry

Betty Murray

Robert Willing

The **Board of Directors** are currently in planning on either renovating the building extending to the side walk, or moving to another facility that is larger. We currently utilize the congregate room for, snacks, lunch, bingo, Bible Study, Chair Exercise, computers as well as any other programs and activities. The center has a fully equipped exercise room which is shared with the Outreach Worker, that is not utilized often due to being open to any and everyone that enters the building. If you are interested and willing to help Bridgeville Senior Center reform to the vision that's placed before us please contact William Teagle @ (302) 249-0910. Were looking forward to you knowledge, and support. Maybe you have information that could propel us farther than where we are now.

Staff

Executive Director: Annette Cannon

Food Service Manager: Korisha Davis

Food Serv. Manager: Geraldine Cannon

Outreach Worker: Teri Ricketts

Program Director: Sylvia Jacobs

We have faithful volunteers that help with meal delivery, volunteers that serve on Food Bank day, which is every 2nd Wednesday of the month. Volunteers that have anyone that enters the building sign in. Volunteer cashiers who coordinate with one another to make sure that the building is always covered with a cashier. When we have fund raisers such as entered on page one that couldn't be successfully ran if it were not for the support of our volunteers. As you can see we are small staffed but we have a group of seniors and volunteers that make Bridgeville Senior Center run successful. Our seniors fill in where help is needed because they want better. After raising children and others grandchildren, after helping to build this nation into what it is today, after making so many decisions to put others first. I know that it's time that we take care of our seniors. This center is not grand, and in the words of others, it needs to be better, so were working to make this center better for those who desire to participate.

Annette Cannon Executive Director

Life is to short to have a victim
mentality

Say to yourself

I'm not going to be bitter

I'm going to be better

Dailyinspirationquotes.in

**The greatest of a community
is accurately measured by
the compassionate actions of
it's members.**

Coretta Scott King

Where do you weigh in?

