

February 2019

Love is patient
 Love is kind
 Love does not envy
 Love does not boast,
 Love is not proud.
 Love does not dishonor others
 Love is not self-seeking
 Love is not easily angered
 Love keeps no record of wrongs
 Love does not delight in evil
 Love rejoices with the truth.
 Love always protects
 Love always trusts
 Love always hopes
 Love always perseveres.
 Love never fails
 But where there are prophecies, they will cease
 Where there are tongues, they will be stilled;
 Where there is knowledge, it will pass away

You may not control all the events that happen to you, but you can decide not to be reduced by them.

Maya Angelou



We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

Maya Angelou

Inside Newsletter

Staff Input

Event Calendar

Menu



Hap- py Birthday!

1st Hattie Perkins
 8th Annette Cannon
 8th Bob Littleton
 8th Marie Robinson
 17th Diane Lampman
 19th Bernice Hicks
 21st Teri Ricketts
 28th Betty Murray

Annette Cannon Executive Director

Sugar in Soda

Sugar increases the risk of obesity, diabetes and heart disease. Did you know that there is 9 and a half teaspoons in a 16 ounce can. High fructose corn syrup, after continued consumption, shoots straight to our liver and forms fat around it. My father was a mechanic, I remember when I was around ten years old, my dad pouring a can of coke on a battery, there was acid on the battery that disappeared once the soda was poured on it. I know you probably already know this to be true.

Sugar high fructose corn syrup may cause liver damage, can fuel tumor growth and cancer.

A article written in 2015 by Ryan O' Brien, read that Mountain Dew has been banned in 100 countries.

Caramel color 4- Mi is found in soda, a 2008 study published in the Journal Archives of Toxicology found that 4-Mi is toxic, and is linked to causing chronic seizures, hyperactivity, impaired gait, chronic inflammation, focal fatty change in the liver, carcinoma, leukemia, and adenoma and other conditions.

Another ingredient is phosphoric acid, which is used for a rust remover and linked to lowering bone density. Soda consumption builds high acidity in the body, which doesn't allow the body to fight off diseases.

I can continue to list more about sodas, but just consider what you just read, think about it, pray about it and listen, you be the judge!

Teri Ricketts

Outreach Worker

Reasons to do Yoga after 65

Improves Flexibility:

It could increase your flexibility up to 35 percent, after 8 weeks of practice.

Increases Balance:

Certain pose helps your balance, and can reduce the fear of falling.

Helps from gaining Weight:

Those who practice yoga regularly, gain less weight, as they age, than those who do not.

Helps the Brain:

Up to 30 minutes daily, Yoga increases memory, your focus, and helps you process information more accurately and quickly.

Stress reliever:

It gives you a sense of calmness, and helps decrease anxiety and stress.

Reduces Depression:

Yoga can lesson symptoms of depression.

Get more Sleep:

After 2 months of Yoga, for at least 1/2 hr. before bed, could help you to fall asleep quicker, and able to sleep longer.

Eases Back pain:

Taking two 90 minute classes a week for 6 months, could reduce back pain up to 56 percent.

Relieves Headaches:

With Yoga therapy, it can reduce frequency of headaches.

Helps Breathing:

Yoga could improve respiratory functions.

Slows Aging:

Lifestyle changes, with Yoga, could affect with aging.



Unclaimed Property

Do you have unclaimed property waiting for you? You may have hidden money you don't even know about!

What is unclaimed property? A wide range of reportable property includes but is not limited to:

- Dormant checking and savings accounts
- Uncashed money orders or cashiers' checks
- Unclaimed insurance benefits
- Mineral royalty payments
- Safe depository contents
- Unused gift certificates
- Dividends, stocks, or bonds

Utility deposits or refunds

Check the following website to see if you have unclaimed property:

<https://delaware.findyourunclaimedproperty.com/>

Follow the directions on the website to claim your property or call a Financial Coach to assist you. Financial coaches provide free financial coaching and benefits screening and access.

Call a Stand By Me 50+ Financial Coach today

For more information at

302-651-3401 and 302-651-3427 in New Castle

County

and 302-415-1542 in Kent and Sussex County.

All of our services are FREE!

Its' nice when loving kindness can continue through out the year. I trust you will again be blessed from this Our Daily Bread.

Acts of Kindness

“Estera, you got a present from our friend Helen!” my mom told me when she got home from work. Growing up, we didn’t have much, so receiving a present in the mail was like Christmas. I felt loved, remembered, and valued by God through this wonderful woman.

The poor widows, Tabitha (Dorcas) made clothes for must have felt the same way. She was a disciple of Jesus living in Joppa who was well known in the community for acts of kindness. She was “always doing good and helping the poor”. Then she got sick and passed away. At the time, Peter was visiting a nearby city, so two believers went after him and begged him to come Joppa.

When Peter arrived, the widows, Tabitha had helped showed him the evidence of her kindness—“the robes and other clothing that {she) had made” We don’t know if they asked to intervene, but led by the Holy Spirit, Peter prayed, and God brought her back to life! The result of God’s kindness was that this became known all over Joppa, and many people believed in the Lord”

As we’re kind to those around us, may they turn their thoughts to God and feel valued by Him.

Dear Lord help us to follow You and show kindness to those around us, so they can see You in us.

ATTENTION:

The Seniors are planning to do some new Crafts this year and we would love to have you join us. We are also updating our activities to include you and your friends. We look forward to seeing you here.

You are loved

Sylvia Jacobs Program Director

How many word can you get from

Valentines Day

Presidents Day

Happy Birthday

- 1. _____
- 2. _____
- 3. _____
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About the Month of February

February is the 2nd month of the year and has 28 or 29 days. The 29th day is every 4 years during leap year.
Season (Northern Hemisphere): Winter

Holidays

Chinese New Year

National Freedom Day

Groundhog Day

Valentine's Day

President's Day

Mardi Gras

Ash Wednesday

Black History Month

American Heart Month

Chocolate Lover's Month

National Bird Feeding Month

National Dental Month

Symbols of February:

- Birthstone: Amethyst
- Flower: Primrose
- Zodiac signs: Aquarius and Pisces

History:

February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar re-made the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years which occurred every four years.

February in Other Languages

- Chinese (Mandarin) - èryuè
- Danish - februar
- French - février
- Italian - febbraio
- Latin - Februarius
- Spanish - febrero

Historical Names:

- Roman: Februarius
- Saxon: Sol-monath
- Germanic: Hornung

Fun Facts about February

- It is the shortest month of the year.
- The Welsh call February "y mis bach" which means "little month".
- It is the third month of winter.
- In the Southern Hemisphere February is a summer month the equivalent of August.
- The month is named for the Latin word februum which means purification.
- Together with January, it was the last of the months added to the Roman calendar.

The largest American sporting event of the year, the Super Bowl, is held in February.

Events:

1876 Alexander Graham Bell invents the telephone

1918 The movie Tarzan of the Apes is released

1924 IBM corporation founded

2000 First spacecraft orbits an asteroid

Famous Birthdays:

1859 George Ferris (Invented the Ferris Wheel)

1894 Jack Benny (Actor)

1913 Jimmy Hoffa (Labor Union Leader)

1921 Hugh Downs (TV News Anchor)

1934 Florence Henderson (Actress)

1942 Michael Bloomberg (Mayor of New York City)

1946 Gregory Hines (Dancer and Actor)

1972 Drew Bledsoe (Football Player)

Korisha Davis, Food Service Manager

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