

National Poetry Month



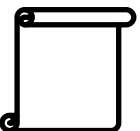
Happy
Easter



HE
IS RISEN



National
Card
And
Writing
Month



Freedom

When I think about freedom

I'm reminded of being a slave

I was taught by my old master to be afraid of him, because he had the power to damage my body

As though he thought, He had the power to kill

He had the power to keep my mouth shut, even though I wanted to speak up

Speak up to the injustice he was doing to me

Always in my head, second guessing myself, my mind so twisted

He always had me looking down and never looking up

He did all he could to keep me in submission to him

I often wonder would he ever accept me for who I was and just let me be me

I was born in 1968

So, some may say, what do you know about slavery

I didn't go through , as tough as my ancestor before

But, I got a breeze from the whip that was before me

One day I realized that I wanted to be free, Free from the hands of the wrong master

I realized I was only a victim because I chose to be

Those who were in slavery were beat, whipped bruised into submission

They we're taught to live a different way

There were some, who we sold to a new master

This master gave them freedom

Allowed them to be taught

Allowed them to have some self worth

Inside this newsletter

Staff input

Upcoming Events

Interesting Facts

Healthy Eating

Poem by A. Cannon

Notary free to Seniors

Board of Directors



April

2nd Patricia Holden

8th Emma Williams

8th Ernest Ricketts

8th Linda Avrashi

12th Suzanne Martin

12th Elizabeth Seabrooks

16th Raymond Shea

20th Reginal Fisher

25th Linda Williams

25th Robert Short

414 Market Street

Bridgeville DE 19933

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Bridgevilleseniorcenterde.com

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I've never been through, what some of you
have been through
But, I've been bound
And, now I'm free
I have a new master, who has purchased me
He gave His life
So, that I'd be free
I'm free, I'm free, I'm free indeed
I'm free to walk in the victory that he has given me
Even though I'm free, I'm bound to Him
His life for my life
I've in barked on a new life where I had to be
taught so different from my earlier life
The hatred I was taught, it had to go
Unforgiven for the injustice I was in , it went
too
Thinking I'd never be loved, it went too
Tapes of me not being good enough, if I'm
good enough for Him
That's your issue
I've taken back over my life, by Him giving
His life
I'm so free in being me, I don't want to be
you
When my mother birthed me, she birthed me
So, with the help of my master, I go through
this life being the best me, that I can be
Some times, it's a little uncomfortable, some-
time fears presents himself
But, I find out, that the more I stand in the
Liberty of Christ setting me free
I will always stand up and be **ME**

Annette Cannon

Executive Director

Teri Ricketts Outreach Worker

Ways to add Healthy years to your Life:

Measure your Physical Vitality

Get up test: From a seated position on the floor, stand up. If you can do so, without help from your hands, furniture, a wall or other people, you're doing good.

Grip strength: You can buy a hand dynamometer, or a ball to squeeze, a device that measures your grip strength. If you feel your grip is weak, you should daily try working with your grip, to work at getting it stronger.

Flexibility: Sit on the edge of a chair, with one leg extended. Reach for the toes of the extended leg, with both hands. The goal is trying to get, less than 4 inches; space between fingers and toes.

Do squats and Lunges: They give a more physical function in the lower-body strength.

Practice Balance: Try at least a 12-week program, of balancing exercises, to help improve your strength, balance, and more energy.

You can increase your aging, by doing Physical activity daily, and can help prevent diseases.

Worry Never

Poet: Eleanor H Porter

Worry never climbed a hill.

Worry never paid a bill.

Worry never dried a tear.

Worry never calmed a fear.

Worry never darned a heel.

Worry never cooked a meal.

Worry never led a horse to water.

Worry never done a thing you'd think it oughta.



Korisha Horsey

Food Service Manager

What foods can diabetic eat freely?

1. Hard Broiled eggs
2. A hand full of almonds
3. Veggies and humus
4. Sliced apples with peanut butter
5. Avocados
6. Yogurt with berries
7. Turkey rollups
8. Peanut butter and celery

This are just a few foods mentioned but there are so many more to help you conquer diabetes.

Interesting Facts About April!

History of April -

In the initial Roman calendar April was the second month of the year until January and February were added in 700 BC. It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Symbols of April

- Birthstone: Diamond
- Flower: Daisy and the sweet pea

Historical Names:

- Germanic: Oster - mond
- Roman: Aprilis
- Saxon: Eosturmonath (Easter month)

April in Other Languages

- Chinese (Mandarin) - sìyuè
- Danish - april
- French - avril
- Italian - aprile
- Latin - Aprilis
- Spanish - abril

Sylvia Jacobs Program Director

We start each morning with reading Our Daily Bread. It's something we started over twenty years ago. It was a slow start for my husband at first. But today, he looks forward to our time together. God is so good we have hope in Him. Today in this world the only hope we have is Christ our Lord. Who suffered and died on the cross for the whole wide world. And yet, we sometimes take so much for granted yet He never changes. He will heal us when we are sick, He will save us if we want his salvation, He makes ways for us out of no way. So, here is a reading of Hope.

Hope Restored

Does the sun rise in the east? Is the sky blue? Is the ocean salty? Is the atomic weight of cobalt 58.9? Okay, that last one you might only know if you're a science geek, or tend to dabble in trivia, but the other questions have an obvious answer: Yes. In fact, question like these, are usually mixed with a hint of sarcasm.

If we're not careful, our modern-sometimes jaded-ears can hear a bit of sarcasm in Jesus's question to an invalid: "Do you want to get well?" The obvious answer would seem to be, "Are you kidding me? I've been wanting help for thirty-eight years!" But there's no sarcasm present, that's the furthest thing from the truth. Jesus's voice is always filled with compassion, and His questions are always posed for our good.

Jesus knew the man wanted to get well. He also knew it had probably been a long time since anyone had made an offer to care. Before the divine miracle, Jesus's intent was to restore in him hope that had grown cold. He did this by asking a rather obvious question, and then giving ways to respond: "Get up! Pick up your mat and walk" We're like the invalid, each of us, with places in our lives where hope has withered. He sees us and compassionately invites us to believe in hope again, to believe Him.

Question: What ways has your hope grown cold?

How has Jesus revealed His compassion to you?

Keep the faith and hope in God because he loves you!

This month we will be implement writing our story! Writing our thoughts, and concerns that we want others to know, while were here, and when we've departed!



Maya Angelo

Lying, thinking
Last night
How to find my soul a home
Where water is not thirsty
And bread loaf is not stone
I came up with one thing
And I don't believe I'm wrong
That nobody,
But nobody
Can make it out here alone.

Alone, all alone
Nobody, but nobody
Can make it out here alone.

There are some millionaires
With money they can't use
Their wives run round like
banshees
Their children sing the blues
They've got expensive doctors
To cure their hearts of stone.
But nobody
No, nobody
Can make it out here alone.

Alone, all alone
Nobody, but nobody
Can make it out here alone.

Now if you listen closely
I'll tell you what I know
Storm clouds are gathering
The wind is gonna blow
The race of man is suffering
And I can hear the moan,
'Cause nobody,
But nobody
Can make it out here alone.

Alone, all alone
Nobody, but nobody
Can make it out here alone.



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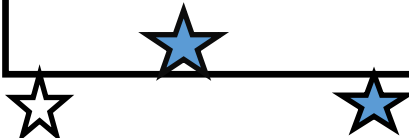
Sylvia Jacobs

1st State Kitchen Trainee

Sharron Williams

Cheer Bus Driver

Joe Pittard



Volunteers Needed

Bridgeville Senior Center will be celebrating our **Volunteers**, who over the years continue to help our center continue to be a vital part of the community.

Saturday, April 27, 2019

Luncheon

Union United Methodist Church

2nd Law Street

Bridgeville DE 19933

1pm - 3pm

Ticket Donation \$15.00

Come and support those who give of themselves to make sure that over 18,000, home-bound clients receive meals yearly. There are those that deliver meals, others that help prepare the meals. During the holidays volunteers write sign cards to be delivered.

Lets not forget those that help staff prepare and serve meals of over 3,500 yearly to congregate seniors. Applaud volunteers who've taught Spanish class, computer class, Bible Study and crafts.

We have volunteers that come in Monday thru Friday to make sure that everyone that comes into the center signs in, and receive their lunch money and bus money. They inform the kitchen with daily count.

Through participating in the Food Bank of Delaware CSFP, volunteer help with distributing food to seniors 60 and over. These foods are said to carry some seniors to the following month.

These are just a few area that volunteer occupy, helping our center, and we'd like to say, thank you.

The Bridgeville Senior Center will be having a dinner later this year to commemorate volunteers to make our fundraising successful!

Thank You!