



Bridgeville Senior Center Newsletter



BSC Homemaded Baked Goods

Space 21 Railroad Avenue

October 12th

8-2



7th
World Day of
Bully Prevention

BSC Rapa Scrapple Sandwiches

October 11th 11am - 9pm

October 12th 6am until

Sylvia Jacobs Program Director

Psalm 23 is a very familiar Psalm so comforting, I just want to share it with you all. I pray it will be a blessing to you as it has been to me, over the years. Knowing, that we can have such guidance and comfort, with us daily. Enjoy reading and be blessed.

Subject: Psalm 23

The Lord is my Shepherd – THAT’S RELATIONSHIP

I shall not want – THAT’S SUPPLY

He maketh me to lie down in green pastures – THAT’S REST

He leadeth me beside still waters – THAT’S REFRESHMENT!

He restoreth my soul – THAT’S HEALING!

He leadeth me in the paths of righteousness – THAT’S GUIDANCE!

For His name sake – THAT’S PURPOSE!

Yea, though I walk through the valley of the shadow of death – THAT’S TESTING!

I will fear no evil – THAT’S PROTECTION!

For thou art with me – THAT’S FAITHFULNEESS

Thy rod and thy staff they comfort me – THAT’S DISCIPLINE!

Thou prepares a table before me in the presence of mine enemies -- THAT’S HOPE!

Thou anointed my head with oil – THAT’S CONSECRATION!

My cup runneth over – THAT’S ABUNDANCE!

Surely goodness and mercy shall follow me all the days of my life – THAT’S BLESSING!

And I will dwell in the house of the Lord – THAT’S SECURITY!

Forever – THAT’S ETERNITY!

Thank you for taking the time to read this article. Be blessed!

\$5.00

**Cannon St
& Delaware Ave**

Inside of Newsletter

- * **Event Calendar**
- * **Menu**
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- * **Recipes**
- * **Interesting Facts**



Happy Birthday!

- 1st** T. Brown
- 1st** J. Lauck
- 1st** G. Martin
- 1st** B. Moore
- 1st** K. Whaley
- 3rd** N. Richardson
- 9th** Anne Malestein
- 10th** S. Jacobs
- 11th** Y. Smith
- 12th** G. Adams
- 31st** M. Deshields

October the 17th is World Day of Bully Prevention

I agree with this being a national epidemic, it's in our schools, our churches, our work places, our streets, our government, and you can add to the list.

Definition— a person who habitually seeks to harm or intimidate those whom they perceive as vulnerable.

Lets look at the word intimidate, which means to frighten into submission. To induce fear or a sense of inferiority into another. What about COW, which implies reduction to a state where the spirit is broken or all courage is lost.

Bulldoze— implies an intimidating or an overcoming of resistance usually by urging, demanding, or threats.

Browbeat—implies a cowing through arrogant, scornful, or contemptuous treatment.

I believe, it is a must that we look within ourselves to see the bullying that we posses, and then we won't turn a blinded eye, when it's presented in some one else.

Let us join in on the 7th, and wear a blue tee, to remind ourselves and others that it's not ok, to push your weight around, for your own selfish reasons. It's not ok, to degrade others, it's not ok, to make others feel less than you, it's not ok to subject another person to your lack of empathy.

This day, this month, was created to make children and adults aware of the bullying that is nation wide. Our children deserve a chance to grow without them being taken advantage of by other children, trying to shape them into to who they want them to be, when they don't even know who they are themselves.

Please make our young people aware, that there is help and that they don't have to face bullying alone. Tell somebody!

Lets help stomp out bullying! Let us not be the bully!

Annette Cannon Executive Director

Shirts can be purchased for \$14.99 on web page

Stomp Out Bullying!



Board of Directors

President: William E. Teagle

Secretary: Virginia Crawford

Treasurer: Rev. Marie E. Robinson

Asst. Treas: Diane Lampman

Directors

Robert Willing

Betty Henry

Betty Murray

The Board of Director's currently, are seeking additional Board Members, who are available and willing to commit to promoting the Bridgeville Senior Center, mission and vision.

If this is you, please stop in, sit in on a meeting, meet the Board of Directors, the staff, some of the seniors that we serve, and see if this is a fit for you. Meetings are held the 3rd Wednesday every month at 2pm.

Staff

Executive DIR: Annette Cannon

Kitchen ASST. Geraldine Cannon

Kitchen MGR: Korisha Horsey

Outreach WRK: Teri Ricketts

Program DIR: Sylvia Jacobs

&

Our Faithful Volunteers

**National Bully Day
Prevention
7th**

**International
Day for Older
Persons!
10/1**

**National Forgiveness
Day 27th**

**National
Inner Beauty
Day
7th**

**World Mental
Health Day
10th**

**National
Mammography
Day
18th**

Sylvia Jacobs Program Director

To me this is the best month out of the year. When I was growing up in the small town of Salem, New Jersey, fall weather was a fun time. I had friends, that I played with and it's also birthday month.

Seems like God, was always good to me! Our neighborhood was a family. We had a weeping willow in our front yard, where the kids would come over and play under it. I even got a couple of whippings with those skinny switches.

But October brings new beginnings, the smell of the cooler air, the changing of the leaves which only our God could do all this from Summer to Fall. Man likes to credit himself, but he can't do God's changes.

So, enjoy this month thinking of the changes God has made in your life and be thankful.

**World
Smile
Day
4th**



**Father
Daughter
Day
13th**

**International
Day of
Non-Violence
10/2**

World Menopause Day October 18th—Facts

- 50-51 is the average age that menopause occurs in women.
- Symptoms such as hot flashes and night sweats can affect the quality of life for up to 25% of women — these symptoms are particularly hard to deal with at work, as they can cause discomfort, tiredness and embarrassment
- Women can also experience an interrupted sleep pattern, mood swings, anxiety, irritability, weight gain, headaches, hair loss, over active bladder, urinary incontinence, loss of libido and vagina dryness
- Menopause is a natural process that all women will go through
- The entire process can last anywhere between 2-10 years

What must a woman do to combat this process?

- Consume phytoestrogen rich food (black cohosh, ginseng, red clover)
- Don't skip workouts
- Plenty of antioxidants (berries)
- Natural beauty products
- Keep the brain active (meditate)
- If you smoke, stop

Bridgeville Senior Center

414 Market Street

October 12, 2019

Curry Chicken

Rice

Mixed Veggies

Plantains

Soda

\$10.00

11am - 1pm

TICKETS AVAILABLE

NOW

(302)337-8771

Also

Seniors

Homemade

Baked

Space #21

Goods

Corner of

Market St

& Railroad Ave

Teri Ricketts Outreach Worker

Possible Reasons, why You can't Sleep

Having health problems with, obesity, diabetes, and Heart disease, could interfere with your sleep. If you are not able to fall asleep easily, and are waking up during the night, try a few of these different suggestions:

Caffeine Insomnia- Drinking coffee in the later afternoon, could have an affect with your sleep later, and also other forms of caffeine, such as, Tea and Chocolate.

Bedtime schedule- Try to stay with a regular bedtime schedule as close as possible, daily.

Napping- If you notice yourself, when not busy or watching TV, falling asleep in the afternoon, try to schedule an activity, or get into an exercise routine daily. Keeping active, will help you to feel refreshed. It then, could help you, with a better quality of sleep.

Relaxing or calm activities- Reading a book may help to relax you, and try doing puzzles or coloring in a coloring book, that may give you a feeling of calmness. Also, if you like tea's, try relaxing with a nice cup of Hot Herbal tea.

If you're always trying to be normal
You will never know
How amazing you can be
Maya Angelo

We are only as blind

As we want to be!

	<p>People won't remember</p> <p>What you said</p> <p>People won't remember</p> <p>What you did</p> <p>But</p> <p>People will never forget</p> <p>How</p> <p>You made them feel</p> <p>Maya Angelo</p>	
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