



## Bridgeville Senior Center Newsletter



**BSC Homemade 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 FAITHFULNESS

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**

\* **Staff Input**

\* **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.

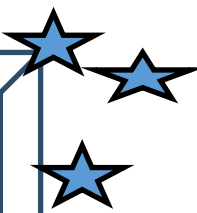
Relaxing or calm activities- Reading a book may help to relax you, and try doing puzzles or coloring in a coloring book, that may give you a feeling of calmness. Also, if you like tea's, try relaxing with a nice cup of Hot Herbal tea.

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