



February 2023 Newsletter

Issue II Volume 232

Four Bad Habits for your Brain:

1. Dwelling on negative thoughts, holding grudges, & having resentments, causes you to be moody. It also, could affect your memory as you get older. Everyone is guilty, at times of negative thinking. It's part of Human nature. When, having negative thoughts, try making a list of 5 specific things, that you are grateful for, and focus on those. Take a deep breath, relax, and then focus on the beauty of the outdoors, such as the Trees, Plants, Birds and the Stars in the sky at night etc. When a negative thought comes into your Mind, try right away, to say Goodbye to it. You have the choice to turn that Negative thought into a Positive thought.

2. When drinking sugary drinks, such as sugar in your Tea or Coffee, sodas, and Juices. It could affect your memory, and causes Blood sugar level to go up. It's better to eat whole Fruits, than drinking the Juices.

3. Getting quality sleep is important, to help keep your Mind stay sharp and productive. In getting quality sleep, you should try to go to bed and wake up the same time, every day. Dealing with Stress and too much Caffeine, and Alcohol, can throw of the rhythm. Try, to have the room your sleeping in, be more on the cool side, and dark enough. If, you have sleep apnea, such as snoring or daytime sleepiness, it could cause damage to nerve cells, and affect your memory. If so, should see a Doctor.

4. As we get older, may sometimes feel like, you don't have a Sense of Purpose. Your Kids, ,

grown and on their own, or no longer working, etc. When having a reason to get up in the morning, knowing always, that there are People out there, to reach out to, such as making a phone call to a Friend or a visit. When outside walking, saying Hi, with a smile, to People, you come in Eye contact with. Also, volunteering or visiting at the Hospitals, Convalescent Homes, or becoming a Senior Companion, come to the senior center etc. All these reasons, are very rewarding, and lets you know, you do have a Sense of Purpose.

Teri Rickett Outreach Worker

Every day is a blessing

Some of life's blessings are immediately obvious. There are many others that, although they don't feel like blessings at the time, can eventually bring great value to your life.

It may seem strange to be thankful when difficulties come your way. Yet those difficulties, and your response to them, can end up making you much stronger and bringing new richness to your life.

It's easy, and very beneficial, to be thankful when life is going great. And your gratitude can be even more powerful and appropriate when things are not going so well. Gratitude is not merely the result of having good and valuable experiences in your life.

Gratitude is an essential part of causing life's goodness and abundance to come your way. By being sincerely thankful, you align your life with all that is good and positive and meaningful. By being thankful, you create even more and even better things for which to be thankful.

Every day is a blessing, whether it seems like it at the time or not. Be truly thankful, and benefit from the abundance that is always there. — Ralph Marston

Veronica Cornish Activity Coordinator

BRIDGEVILLE SENIOR CENTER

Included in Newsletter

- Volunteer Opportunities
- Staff Articles
- Mastering Negativity
- Cheers to Love
- Encouragement
- Birthdays
- Monthly Event Calendar
- Monthly Menu
- Community Health Service Flier

Februarians

Happy Birthday

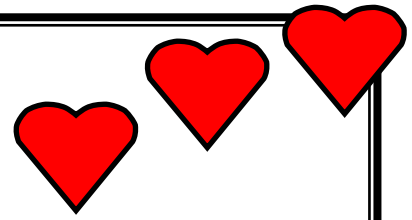
- 5th J. Joseph
6th G. Fisher
6th N. Cephas
7th L. Carlson
8th A. Cannon
17th D. Lampman

Happy Valentines Day!
From
Bridgeville Senior Center

Cheers To Love!

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Published by Family Friend Poems

A poem Submitted by Grace Maxwell



*The world must become a much better
place
Where more people dwell with a smile on
their face
Living together in kinship and peace
A world full of hope where joys never
cease.*



*Wearing our heart on our sleeve every-
where
Will show all mankind that we really care
Thus shining a light that's warming and
bright
Love's a splendid way to make the world
right.*

*Live for the moment, our time here won't
last
Life is too precious to live in the past
The dawn of each day gives us all a fresh
start
To those whom you love, tell them straight
from your heart.*

*Today is a day that's made for romance
Cast cares aside, let us all sing and dance
Kissing any doubts and heartaches away
Raise our glasses to love on Valentine's
Day.*



Please allow me a moment to empower my ebony queens and kings.

Before I take the requested moment, allow me to expose the essence of the moment.

It only takes a moment to make a memory. So many of our moments have been tainted with hatred, anger, oppression, discrimination, mass incarceration, arson, flooding, rape, robbery, murder....the list goes on and on. So much pain and anguish that even those who have endured these traumatic events, those who bore witness, or were made aware...too many of us don't know the inadequacies and inaccuracies that have been taught. We can't fight for what's right with all the wrong information. The essence of this moment is not someone else's narratives, beliefs, or benefiting to only one side of a created color scheme.



Ebony queens and kings: you are light, you are love, you are life.

Not just in February, but every moment before you existed and every moment you will miss.

Communication has always been the difference between life and death. We were denied the ability to be heard, to form words, to access literature to increase our vocabulary. There are so many things for you to define.

You've been told who you are, what you want, you don't deserve.

I'm just a little brown girl who sees the truth.

We are not our traumas!

We deserve to live and not just survive.

We deserve to love and be loved and not in spite of hate and anger but just because.

We deserve peace and prosperity because we desire it.

We deserve equity because we aspire.

We deserve greatness because we inspire.

We deserve because we matter.

We matter because we exist.

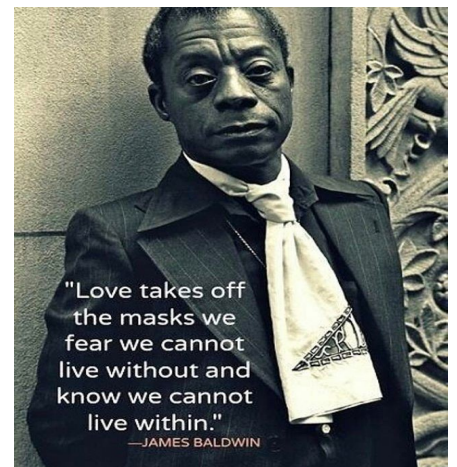
To my ebony kings and queens, be empowered. You got this!



Nia, Master of Social Work Intern at DE. State University



“Water that has been begged for does not quench the thirst.” Soga People of Uganda Proverb



Serving Bridgeville and the surrounding area since the early 1970's

The Bridgeville Senior Citizen's Center, Inc is a non-profit organization whose mission is promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing growing needs of the senior population in the Bridgeville and surrounding area.

414 Market Street
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Board of Directors

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Vice Pres:	Open
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Asst Treas:	Diane Lampman
Lycurgus Bacon	Betty Murray
Diane Oney	William Teagle

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Food Serv Worker	Geraldine Cannon
Activity Coordinator	Veronica Cornish
Food Service Manager	Grace Maxwell
Outreach Worker	Teri Ricketts

First State Community Action

Food Service Trainee	Ruth Brice
Administrative Trainee	Jacqueline Gardner

Cheer

Bus Driver	Joe Pittard
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American Heart Month

National Senior Independence Month



Center Closed

Declutter for a cause month

Plant the seed for greatness month