

# PAPER SHREDDING EVENT FOR SENIORS



## Shredding - Two Part Series

- Part I Series - Bring 1 box of documents for shredding
- Part II Series - Learn how to protect yourself from Identity Theft and deal with those annoying Medicare calls

**Join Us: March 13th @ 10 am**



**Shred it**

**This event is presented by :**  
Anita M Rumley - 14-yr Veteran

**♥ aetna™**  
medicare solutions



# March 2023

We accept drops of Advice but give out in buckets

## Confucius

March for Meals

**Bridgeville Senior Center Newsletter**

The Bridgeville Senior Center is a non-profit organization whose mission is to 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.

### Homebound Meals Program

Known as Meals on Wheels,' is a service available to persons who are homebound. Home delivered meals services are provided to persons age 60 and over; and persons with physical disabilities under the age of 60 over the age of 18. Nutritionally balanced , hot meals during the day to homebound persons. Some also receive cold, bagged meals so that they will have food in the evening as well. Meals are delivered by staff and volunteers Monday thru Thursday. If you know of or if you are someone who's in need of meals under the listed criteria please contact Outreach Worker Teri Ricketts at (302)337-8771.

### Congregate Program

Meals are provided daily Monday thru Friday in a group setting at our senior center. Participants in the congregate meals program have the opportunity to socialize while enjoying nutritionally balanced meals. As part of the program, nutrition counseling and nutrition education are also made available.

Through Cheer Bus transportation is provided to the center Monday thru Friday excluding the holiday. Member are able to go to visit other senior center, go on shopping trips, grocery and prescription pick up. Member have monthly meeting where it's discussed and decided what they want do the next month or months ahead.

Membership is \$24.00 per year for seniors 60 plus and those under 60 its \$36.00 per year.

### Notary Service

The center offers free notary to members of the Bridgeville Senior Center at no cost. Non members a \$5.00 donation to the Bridgeville Senior Center is requested. Please call Annette at (302)337-8771 to make an appointment.

### Included in Newsletter

- Programs
- Services
- Offers
- Staff Input
- Volunteer Opportunities
- Birthday's
- Notary
- Event Calendar
- Menu

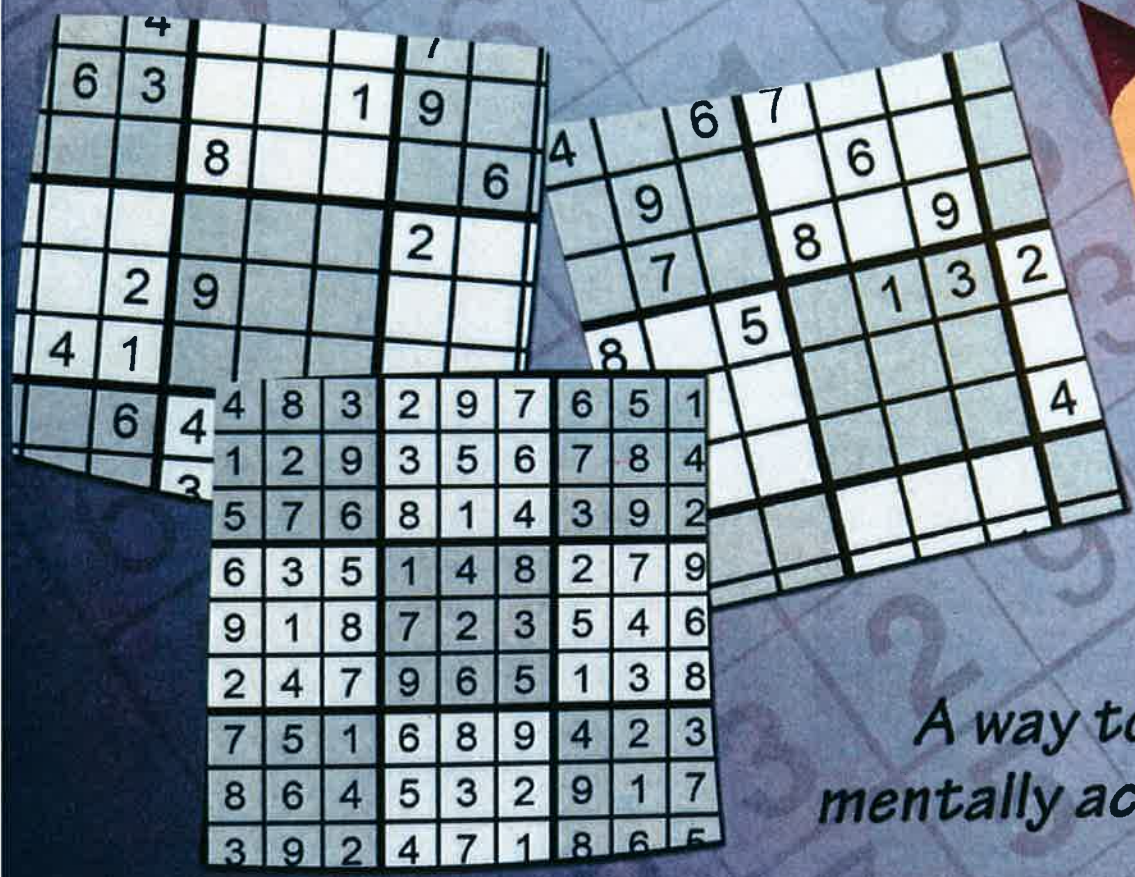
### Happy March Birthday

- |             |                  |
|-------------|------------------|
| M. Drummond | 1 <sup>st</sup>  |
| L. Johnson  | 7 <sup>th</sup>  |
| F. Smith    | 10 <sup>th</sup> |
| A. Royce    | 11 <sup>th</sup> |
| A. Goodwin  | 12 <sup>th</sup> |
| B. Mitchell | 13 <sup>th</sup> |
| E. Coleman  | 16 <sup>th</sup> |
| D. Gilpin   | 22 <sup>nd</sup> |
| D. Erb      | 29 <sup>th</sup> |

414 Market Street  
Bridgeville DE 19933  
(302)337-8771

vol. **1**

# LARGE PRINT **SUDOKU** PUZZLE BOOK



*A way to stay  
mentally active & fit!*

**March 21st - 10 am**

This event is presented by:



**Anita M Rumley 14 yr Veteran**

medicare solutions

## Senior Food Bank Commodity Supplemental Food Program

The center serves a distribution for seniors 60 plus who meet the guidelines listed below. We distribute and accept application for the Food Bank and once a month the center staff and volunteers distribute to eligible clients through drive thru. In order to qualify for these services you must be a resident of Delaware.

Family Size	Annual Income
1	\$17,667
2	\$23,803
3	\$29,939
4	\$36,705
5	\$42,211
6	\$468,347
7	\$54,483
8	\$60,619
For each additional family member add:	+\$6,136

Also, through working with the Food Bank their staff come in and do nutritional sessions on health eating.

## Food Pantry Vouchers

The center is a referral site for Union United Methodist Church if you are in or low in food stop by to receive a voucher. March the Pantry is open Wednesday only from 10 am – 2 pm, starting April Wednesday and Friday from 10 am – 1 pm. If you need help call or stop in days prior to their open date to receive your voucher.

### Board of Directors

President: Bernard W. Carr      Vice President: Open  
Secretary: Valencia Hayes      Assistant Secretary: Open  
Treasurer: Joannie Stevenson      Assistant Treasurer: Diane Lampman  
Member: Lycurgus Bacon      Diane Onley      Betty Murray      William Teagle

### Staff

Executive Director: Annette Cannon      Food Service Worker: Geraldine Cannon  
Activities Coordinator: Veronica Cornish      Food Service Manager: Grace Maxwell  
Outreach Worker: Teri Ricketts

**First State Community Action Trainees**      Kitchen: Ruth Brice      Assistant: Jacqueline Gardner

**Cheer Bus Driver:** Joe Pittard

A host of volunteer who help our senior center thrive, delivering meals, taking attendance, Food Bank, Mexican Bingo caller and give whatever you do. We're grateful for you!

## March for Meals

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For 50 years, these critical programs – commonly referred to as Meals on Wheels have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government, and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating, or speaking out, you can ensure the seniors in your neighborhood can live more healthy, happy, and independent lives at home, where they want to be.

Bridgeville Senior Center has served this community since the 1970s. The Bridgeville Senior Center started in the basement of a church and the membership outgrew. The center moved a few additional places before being planted here at 414. When Teri our Outreach Worker is on leave I had the chance to not just see the numbers and the names but I could put faces to the names. I'm able to see in action the benefit of meals on wheels and the true need of those that receive more than a nutritional meal.

A smile is given and a smile is received or vice versa. A wellness check is observed. The times when the Outreach Worker has gone to the home and she's the one that has to call the ambulance, the trooper, the division of aging. While some may just look at it like it is just a meal. Think of some being the only nutritional meal of the day. Remember the support system of having to see and the joy of expecting the Outreach Worker or a Volunteer to knock on your day a certain day. We are so grateful for the committed staff and volunteers that help this program thrive. There are times when we are short of volunteers for this service so if you are interested in delivering meals we don't provide a mileage reimbursement.

Thank you for your support

Annette Cannon Executive Director

**Bridgeville Senior Center Meals on Wheels**



### *I Hear His Whisper...*

Your battles have become mine.

The enemy has come like a flood to drown you in heartache and disillusionment. It has felt like a never-ending battle. Yet, you have stood. You have prayed. You have done all you know to do. Still, you're not seeing the breakthrough. Beloved, I have come to tell you: though you are weary, do not faint. Though your heart aches, release the pain to me. I am planning the victory.

The enemy comes to steal, kill, and destroy, but I have come to give you life in abundance. Your battles have become my battles. Don't be deceived by what you see. The enemy wants to trick you into thinking he's won, that nothing will ever change except to get worse. But he's a liar! Stop listening to him! Look at me, beloved. Just because you don't see what I'm doing, doesn't mean I'm not orchestrating your breakthrough. You're staring at the circumstances, but I'm calling you to rise above them and declare your victory in advance, even if you've done it a million times already. Right now, I'm breathing hope into you again. I have gone before you with a roar, and I'm breaking open the way.

Whispers written by Brian Simmons and Gretchen Rodriquez

#### *Psalms 56:8-9 The Passion Translation*

*You've kept track of all of my wandering and my weeping . You've store my many tears in your bottle— not one will be lost. For they are recorded in the book of remembrance. The very moment I call to you for a Father's help the tide of the battle turns and my enemies flee.*

**This one thing I know is that God is on my side!**

Veronica Cornish Activities Coordinator

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#### **4 Ways to Burn Calories all Day:**

**Do the "1 times 10" trick** - Try to find 10 opportunities during the day to raise your Heart beat for 1 minute at a time. Try doing 10 squats, at the top of every hour or walking lunges, off & on, when walking in your House or Apt. You could burn up to 300 to 400 calories a day.

**Sit on the Floor** - When watching TV or listening to Music, sit on the Floor, instead of lounging on the couch or Recliner. Your muscles then have to support you, & so having to work harder in getting up.


**Carrying in Groceries** - By carrying in your groceries 1 bag at a time, you are getting in more steps. So, it's taking you double or triple the time, so your burning more calories.

**When out walking**, take longer steps, up to 6 to 8, with 1 min. rest in between each. It's like adding a mile, & not even knowing it.

Teri Ricketts Outreach Worker

# MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Abbreviation Key</u>  <b>GS</b> – Guest Speaker  <b>PHMU</b>- Public Health Mobile Unit  <b>EX</b>- Exercise  <b>SG</b>- Support Group</p>		<p><u>1</u>            9:30 - Daily Devotional            10:00 -Bible Study            11:30- Lunch            12:30 -Celebrating March Birthdays</p>	<p><u>2</u>            9:30 - Moring Walk            10:30 -GS from PHC Shelly West            12:00 - Card game Phase 10</p>	<p><u>3</u>            9:30- Bank &amp; Dollar Tree West Side            12:00- Lunch            12:30 -Wii Gaming</p>
<p><u>6</u>            9:30 - GS Wanda Knight Gameplay            11:30- Lunch            12:00- Afternoon Movie  <b>PHMU HERE</b></p>	<p><u>7</u>            9:30- Walgreens Prescription &amp; Personal Hygiene Pick-Up            12:00- Lunch            12:30- Members Meeting</p>	<p><u>8</u>            9:00 -Food Bank            10 :00 Wii Game Choice            11:30 Lunch            12:00 Will continued</p>	<p><u>9</u>            9:30- Coffee &amp; Socialization            10:00 –Support Group with Nia            11:00- Lunch            12:00- Walmart Shopping</p>	<p><u>10</u>            9:30 - White Elephant Bingo            11:30- Lunch            12:00- Bingo Continued</p>
<p><u>13</u>            10:00 GS -Shredding Event            Anita Rumley            11:30 Lunch            12:00 Pt. 2 Identity Theft &amp; Annoying Medicare Calls</p>	<p><u>14</u>            9:30- Dover Ollies &amp; Spence’s Bazaar            12:00 - Lunch Out</p>	<p><u>15</u>            9:30- Daily Devotional            10:00 -Bible Study            11:30 -Lunch            12:00 - Teen Challenge Thrift Shop</p>	<p><u>16</u>            9:30 -Coffee Snack &amp; Socialization            10:00 - Laurel SC Here ,Bingo            11:30 Lunch            12:30 Bingo Continued</p>	<p><u>17</u>            9:30- Millsboro Bowling Lanes            12:30- Lunch            1:00- Card Game Choice  <b>Happy St. Patrick’s Day</b></p>
<p><u>20</u>            9:30: EX – Work out for Seniors with Diabetes            10:00 –Family Feud            11:30 – Lunch            12:00- Arts &amp; Crafts  <b>PHMU HERE</b></p>	<p><u>21</u>            9:30- Daily Devotional            10:00 GS- Sudoku with Anita            11:30- Lunch            12:00- Wii Gaming</p>	<p><u>22</u>            9:30 -Daily Devotional            10:00- Bible Study            11:30 -Lunch            12:00 -Seaford Roses/ Food Lion</p>	<p><u>23</u>            9:30 Support Group with Nia            10:30 - GS AmeriHealth            12:00 Lunch            12:30 Afternoon Walk</p>	<p><u>24</u>            9:30- Everyday Stretch For Seniors            10:00 Bingo            12:00 – Lunch            12:30 – Bingo Continued</p>
<p><u>27</u>            9:30 -EX- Whole body Chair            10:00 – Card Game Skip -Bo            11:30 Lunch            12:30 – Wii Game Play</p>	<p><u>28</u>            9:30- Harrington Byler’s            12:00 -Lunch            12:30 –Uno Game Play</p>	<p><u>29</u>            9:30 Gospel Music            10:00 Bible Study            11:30 Lunch            12:00 Good Will</p>	<p><u>30</u>            9:30 To Laurel SC Bingo Lunch at Laurel SC</p>	<p><u>31</u>            9:30 Morning Walk            10:00- Corn Hole Game            12:00 Lunch            12:30 Wii Bowling</p>



# MARCH



## Monday



**DELAWARE HEALTH AND SOCIAL SERVICES**  
*Division of Services for Aging and Adults with Physical Disabilities*

*"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."*

## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>6</b> Sloppy Joe on Bun Baked Sweet Potato Fries Cole Slaw Poached Pears Skim Milk</p>	<p><b>7</b> Chef Salad w/Turkey Corn Salad Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk</p>	<p><b>1</b> Cheese Ravioli and Marinara Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p><b>2</b> BBQ Chicken Baked Sweet Potato Wedges Steamed Broccoli Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>	<p><b>3</b> Corn Chowder Tuna Salad Sandwich on Wheat Cucumber Onion Sour Cream Mandarin Oranges Skim Milk</p>
<p><b>13</b> Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk</p>	<p><b>14</b> Chicken and Pasta Alfredo Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p><b>8</b> Chicken Monterey Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p><b>9</b> Sweet Sour Pork Steamed or Baked Rice California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>	<p><b>10</b> Baked Cod w/Lemon Sauce Au Gratin Potatoes Collard Greens Whole Wheat Roll/Bread Pineapple Cubes Skim Milk</p>
<p><b>20</b> Spaghetti w/Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk</p>	<p><b>21</b> Grilled Lemon Pepper Fish Brown Rice Pilaf Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p><b>15</b> Garlic Pepper Pork w/Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Fruit Mix Skim Milk</p>	<p><b>16</b> Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p><b>17</b> HAPPY ST. PATTY'S DAY Ham with Red Potatoes and Cabbage Ambrosia Deluxe Whole Wheat Roll/Bread Skim Milk</p>
<p><b>27</b> Sweet and Sour Chicken Steamed or Baked Rice Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk</p>	<p><b>28</b> Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p><b>22</b> Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p><b>23</b> Chicken Cacciatore Penne Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk</p>	<p><b>24</b> Chicken Rice Soup Egg Salad Sandwich Pickled Beets Rice Crisp Bar Skim Milk</p>
<p><b>31</b> Sweet and Sour Chicken Steamed or Baked Rice Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk</p>	<p><b>29</b> Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Cherry Top Angel Food Cake Skim Milk</p>	<p><b>30</b> Philly Beef on Bun w/Peppers Fried Baked Potato Wedges Confetti Cole Slaw Gelatin Whole Wheat Roll Skim Milk</p>	<p><b>31</b> Beef Vegetable Soup Chicken Caesar Salad Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>	