



Wilmington Senior Center

NOVEMBER 2022

NEWSLETTER



Be Thankful

Poet Unknown

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something,
for it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

Be thankful for your limitations,
because they provide you opportunities for improvement.
Be thankful for each new challenge,
because it will build your strength and character.

Be thankful for your mistakes.

They will teach you valuable lessons.




Be thankful when you're tired and weary,
because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfillment comes to those who
are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles,
and they can become your blessings.



Caregiving Tips

Caregiving can be both a rewarding and challenging task. Some people volunteer to become caregivers to their loved one. Other caregivers assume the role because there is no one else to take on the responsibility. A family member can be diagnosed with a terminal illness and chooses to be at home rather than a hospital or hospice. These situations can last for a few months, or sometimes a number of years. Irrespective of how long the caregiving will be required, it is important to find time for self care.



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The physical and emotional demands of caring for a loved one with a serious illness can be exhausting and even lead to burnout. It's important to maintain your own health and well-being so you can provide the best possible care.

When you get on a plane, you are instructed that in case of emergency, you should put on your face mask first... and then attend to those around you.

With caregiving, you must use the same concept. Take care of yourself first, so that you in turn can be up to the task of providing needed care to your loved one.

For information on our
Care Giver Support Groups
Please contact Rosalia at
302-651-3400 x 3424

Here are some tips for handling some of the common challenges of caregivers:

- **Take time for yourself and your own needs. Watch for signs of stress, such as impatience, loss of appetite or difficulty with sleep, concentration or memory. Pay attention to changes in your mood or loss of interest in usual activities or an inability to accomplish usual tasks,**
- **Eat a well balanced diet. Drink plenty of water daily.**
- **Exercise by taking short walks daily or at least three times a week.**
- **Listen to guided relaxation recordings or relaxing music.**
- **Schedule short rest periods between activities and make it a priority to get a good night's sleep.**
- **Set limits for what you can do.**
- **Don't overload your daily to-do list. Be realistic.**
- **Find a few hours several times a week for activities that you find meaningful and enjoy.**
- **Let family members and friends help with household chores, meal preparation, childcare and shopping.**
- **Keep lines of communication open among your loved one, you, your family and friends, and the healthcare team.**
- **Share your feelings with family members or other caregivers, or join a support group.**
- **Give yourself credit: The care you give does make a difference.**



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health



United Way of Delaware



You can build or improve your credit history. One way is to get credit and use it wisely.

If you do not have credit, the best place to start is with a credit card.

Compare several credit cards. Apply for the one that gives you the best deal. Look for:

- a low or no annual fee
 - a low APR, or annual interest rate
 - lower fees:
 - if a payment is late
 - if you go over your credit limit
 - a long grace period; this is the time between when you spend money and when the card charges you interest.
- Look for one that is at least 25 days long.

If you cannot get a regular credit card, try to get a secured credit card. A secured credit card is a type of credit card that is backed by a cash deposit from you. This deposit acts as collateral on the account, providing you with security in case the cardholder can't make payments.

Apply only for cards that report your history to the three credit reporting companies.

Look for a secured card with:

- no application fees
- a low interest rate
- lower annual fees
- no processing fees
- higher interest rates on the money you deposit

You can use credit to build and improve your credit history:

- use your credit card a few times a month
- buy things you can pay for that month
- pay the whole credit card bill every month; do not leave a balance on your card.
- pay your bill by the date it is due; paying even one day late will cost you money

People who do this start to see a better credit history. But it takes time.

A Stand By Me 50+ Financial Coach can assist you with your financial concerns such as budgeting, saving, credit and debt. For FREE assistance in reaching your financial goals, call Stand By Me 50+ for FREE financial coaching:

Kathleen Rupert 302-651-3400 x 3401



Director's Corner



This is the place for happiness. Our independent seniors like to make their own choices. We encourage independent thinking and reasoning. They LOVE trips whether it's to the local flea market or to a Broadway production. Bowling, Wii bowling, card games, strength training, or Bingo, our seniors love to participate. Our job is to organize everything and then, get out of the way! We have so much fun here. Today, we wished one of our seniors a Happy 94th birthday..... And she still drives to the Center.

The Wilmington Senior Center where enthusiasm meets opportunities!



Alfred Roy Nov. 1st
Shirley Giles Nov 7th
Blair Benson Nov 16th
Comfort Jones Nov 19th
Connie Beattie Nov 21st
Eleanor Wallace Nov 21st
William Holloway Nov 22nd
Tiesta Cornish Nov 23
Doris Brown Nov 24
Juanita Harris Nov 25th
Alice Butcher Nov 25th
Jeanne Lewis Nov 26th
Cheryl Colburn Nov 28th

Medicare Part A

Annual Open Enrollment Period: October 15 – December 7

Medicare Part A Helps Cover:

- Inpatient care in hospitals (such as critical access hospitals, inpatient rehabilitation facilities, and long-term care hospitals)
- Inpatient care in a skilled nursing facility (not custodial or long-term care)
- Hospice care services
- Inpatient care in a religious non-medical health care institution (RNHCI)

You usually don't pay a monthly premium for Part A coverage if you or your spouse paid Medicare taxes while working.

If you aren't eligible for premium-free Part A, you may be able to buy Part A if you meet one of the following conditions:

- You are age 65 or older, and you are entitled to (or enrolling in) Part B and meet the citizenship or residency requirements.
- You are disabled and your premium-free Part A coverage ended because you returned to work.

Call Social Security at 1-800-772-1213 or visit www.socialsecurity.gov for more information about the Part A premium. TTY call 1-800-325-0778. In most cases, if you choose to buy Part A, you must also have Part B and pay monthly premiums for both. If you have limited income and resources, your state may help you pay for Part A and/or Part B

Community Resources for Seniors

Delaware Volunteer Legal Services
302-478-8680
www.dvls.org

Easter Seals Relative Respite Program
302-221-2087
www.easterseals.com/de

Osher Lifelong Learning Academy
302-573-4417
www.pcs.udel.edu/osher-lifelong-learning

Delaware Volunteer Legal Services
302-478-8680
www.dhss.delaware.gov/dsaapd

Center Guidelines

- Registration for all in-person lunches and activities is required.
- If you are riding the WSC bus, you must wear a mask or face covering.
- If 3 feet of distance cannot be maintained indoors, then you must wear a mask
- If you exhibit symptoms of illness, please stay home. If you have not been vaccinated yet, we encourage you to.

Swank Center for Memory Care and Geriatric Consultation

Swank Center for Memory Care and Geriatric Consultation at Christiana Care is Delaware's first and most comprehensive outpatient office for patients with memory disorders and their families. Approximately 18,000 people across Delaware are coping with Alzheimer's disease or a related disorder. The Swank Memory Center and Geriatric Consultation offers these patients and their families essential support, education and guidance from diagnosis through treatment.

VETERANS DAY

by Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our right,
They fought through many days and nights.
And though we may not know each name,
We thank ALL veterans just the same.



Center will be closed on November 8th due to Election Day.



The Senior Center will close at 1:00pm Wednesday, November 23rd and will reopen at 8:00am on Monday, November 28th

Member of the Month

Eleanor Carter



Eleanor was born in Middletown, DE in 1951 and I was the 3rd girl of 8. She attended Louis L. Redding School and graduated in 1999 from James Groves Adult Education. Henry and Eleanor Carter were married for 41 years. She likes singing, and playing games of all kinds. She has 2 children, 2 grandchildren and 2 great grand children. Eleanor has a giving spirit and is always willing to extend an extra hand to assist other members. The kindness she displays is much appreciated by the members and staff.

Veterans Day Word Search

A X B Y E U T I S C E
R W T H R I R A G W P
M E R S R N O E W M V
Y A E O P R O T E C T
P P M L C Q P F S B F
O O E D V E T E R A N
P N M I J L R Z C N U
P N B E O B A T T L E
I A E R F R E E D O M
E V R J W E P E A C E
S Y C W A R F L A G F

army

navy

remember

war

battle

peace

soldier

weapon



November 11

happy Veterans Day

WHAT'S GOING ON

NOVEMBER PRESENTATIONS AND TRIPS

11/1/2022 - 10:00 REMEMBER THE VETERANS
11/7/2022 - MS. WANDA JERVEY FROM MEDICARE TO PLAY BINGO WITH MEMBERS
11/9/2022 - 10:30 HAND WHIPPED HAIR & BODY MOUSSE W/ ANGELIA
11/10/2022 - 10:00 HARRIETT TUBMAN WITH WILLIS PHELPS
11/16/2022 - 10:00 TRINITY HEALTH WITH THALITA GLANDEN
11/17/2022 - 10: 00 TRIP TO CHRISTMAS TREE SHOP AND RED ROBIN
11/21/2022 - 12:30 TRIP TO THE MOVIES - WAKANDA FOREVER
11/22/2022 - 10:30 SWANK MEMORY CENTER W/ CYNDY FANNING

PLEASE NOTE: ALL PRESENTATIONS AND TRIPS ARE SUBJECT TO CHANGE TO INCLUDE ADDITIONS AND OR DELETIONS.

*MUST BE PRESENT AT TIME OF PRESENTATION TO RECEIVE ANY DISTRIBUTED ITEMS

RESERVATIONS MUST BE MADE FOR ALL TRIPS AND ACTIVITIES, AND ARE ACCEPTED ON A FIRST COME BASIS AND CAN NOT BE MADE DAY OF.

PLEASE CALL 302-651-3400, PRESS 9 FOR THE RESERVATION SYSTEM AND MORE INFORMATION ABOUT THE TRIP OR ACTIVITY.

THERE IS A TRANSPORTATION CHARGE FOR EACH TRIP.

JOIN US

FREE STRENGTH TRAINING CLASSES

MONDAY AND WEDNESDAY
9:30AM - 10:30 AM

EXERCISING HELPS YOU GAIN MUSCULAR STRENGTH, ENDURANCE, AND FLEXIBILITY THROUGH GENTLE MOVEMENTS, CHAIR EXERCISES AND STRETCHING

Are you or another adult in your life looking for a new and affordable place to call Home?

Lafayette Apartments
currently accepting applications for
one - bedroom units.

If interested please contact Sheris Savage at
302-651-3400 x 3429 or by email at
ssavage@gershengroup.com for more information on
how to apply.

UPDATE

**IF YOU HAVE CHANGED YOUR ADDRESS OR PHONE
NUMBER PLEASE STOP BY THE FRONT DESK OR
CALL 302-651-3400**

Bible Study

Every Monday 10:00 am (Board Room)





Wilmington Senior Center
1901 N. Market Street
Wilmington, DE 19802

302-651-3400

fax: 302-651-3470

www.wilmingtonseniorcenter.org

info@wilmingtonseniorcenter.org

Non-Profit Organization
U.S. Postage

PAID

Wilmington, DE 19802

Permit No. 430

Support Our Seniors

LIVE UNITED



United Way of Delaware

The mission of the Wilmington Senior Center is to provide life sustaining and enriching services, opportunities and partnerships that have a positive impact on the physical, mental and social well being of older adults and that contribute to future generations.