

Hello 

February



Wilmington  
Senior  
Center

[www.wilmingtonseniorcenter.org](http://www.wilmingtonseniorcenter.org)





# CAREGIVERS CORNER

## How a Caregiver's Life will Change in 3 Stages

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### 1 - The functional stage

The functional degree relates to the ongoing, daily tasks that come with being a caregiver. When someone becomes a caregiver, they have to spend a lot of time handling new responsibilities they've never had before. These typically include things like: Taking their loved one to medical appointments; Changing their living environment to suit their loved one's needs; Hiring and managing people to help; Making decisions they've never made before; Ensuring their loved one's safety; Creating an entirely new schedule to suit their loved one; Day-to-day caring activities, such as feeding, toilet breaks, etc.

### 2 - The interpersonal stage

The second degree is about personal relationships, specifically, the changing relationship with between a caregiver and their loved one – often an elderly parent.

The role of the parent and the child changes – from an independent parent to being the dependent, from a child to being a caregiver, all while dealing with the parent's gradual loss of functions, physical, cognitive, or both.

This change in the relationship, which is already complicated and has a history, might be overwhelming and bring to the surface old feelings as well as brand new ones.

This degree also includes other relationships. It includes siblinghood – the role each sibling takes in the caregiving process, as well as the dynamic of the overall situation. It also includes other relationships, such as a spouse, children, grandchildren, and friends – all the people who might be impacted by the time dedicated to the process of caregiving.

### 3 - The intrapersonal level

The third and final degree is the intrapersonal level. This includes the emotional and psychological process the caregiver is going through. The spectrum of feelings is wide, from positive ones, such as one of personal gain or growth, to negative ones, such as sacrifice or guilt, all while in between struggling with thoughts about death and the meaning of life.

It's so important for caregivers to make room for their personal needs. They need to take time to practice self-care and realize they're a separate person to their loved one.

If you're a caregiver and feel like you're struggling in any of the above three stages, please find help. You're not alone in all this, and support is out there.

NPS-ALL-NP-00440 NOVEMBER 2022

FOR THE FULL ARTICLE PLEASE GO TO [WWW.TEVAPHARM.COM](http://WWW.TEVAPHARM.COM)

FOR SUPPORT ON CAREGIVING, PLEASE CALL WSC AT 302-651-3400 EX: 3424

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### Employment Opportunity!

WSC Caregiver Program is hiring for a part-time program specialist.

Position is for 20 hours per week. For more information contact

[rvelazquez@wilmingtonseniorcenter.org](mailto:rvelazquez@wilmingtonseniorcenter.org) or call 302-651-3400 extension 3424



# *Make Saving Money a Priority in 2023*

The first step to start saving money is figuring out how much you spend.

## **Keep track of all your expenses.**

Now, find ways to cut expenses, such as, eating out one less time per month, cancelling unused subscriptions or lowering your insurance costs.

Next, include saving in your budget. Now that you know what you spend in a month, create a budget so that you can plan your spending and limit overspending. Be sure to factor in expenses that occur regularly but not every month, such as car maintenance. Include a savings category in your budget and aim to save an amount that feels comfortable to you.

Set savings goals. Start by thinking about what you might want to save for, both in the short term and the long term. Estimate how much money you'll need and how long it might take you to save it.

Common short-term goals: Emergency fund (three to nine months of living expenses), vacation or down payment for a car.

Common long-term goals: Down payment on a home or a remodeling project or retirement.

There are many savings and investment accounts suitable for short and long-term goals. And you don't have to pick just one. Look carefully at all the options and consider balance minimums, fees, interest rates, risk and how soon you'll need the money so you can choose the mix that will help you best save for your goals.

Make your saving automatic. Almost all banks offer automated transfers between your checking and savings accounts. You can choose when, how much and where to transfer money or even split your direct deposit so that a portion of every paycheck goes directly into your savings account.

Watch your savings grow. Review your budget and check your progress every month. That will help you not only stick to your personal savings plan, but also identify and fix problems quickly.

**Call a \$tand By Me 50+ Financial Coach for FREE financial coaching  
and Benefits screening today!**

**Call 302-601-3896 in New Castle County, 302-415-1542 in Kent County or 302-608-2705 in Sussex County to schedule an appointment today!**



SPECIAL BELATED BIRTHDAY TO  
ANN BRATHWAITE  
JANUARY 13TH

## February Birthdays

Emily Dix	Feb 2
Dorothy Baker	Feb 19
Hazel Tolbert	Feb 20
Faith Thompson	Feb 20
Geri Huss	Feb 24

## Member of the Month Margaret Johnson

Margaret is 98 years old and loves God, playing the organ, and enjoying times with friends here at the Wilmington Senior Center



## Director's Corner

Things continue to go well for the Wilmington Senior Center! Thanks to everyone who donated to our Holiday Appeal! We are now embarking on our New Year's Appeal. I hope those of you who receive a solicitation letter respond accordingly. Remember we are the first senior center in the First State. We need your support to continue for another 66 years. We are so grateful and appreciative of your support! Over the next two months, we have a tremendous series of health and wellness events and activities, culminating in our Galentine's Day Party on February 13th. God bless to all of you!

### It is time to renew your membership!

- On September 1, 2022 our membership fee increased to \$25/year.
- Effective immediately all memberships will renew in January each year.
- All members who have paid the \$25 membership fee between September 2022 through December 31, 2022 will be considered "paid in full" through December 31, 2023.

Please remember that a current membership is needed to participate in all of our daily/weekly general programming. This includes Wii bowling, our exercise classes, Bible Study, daily community room activities, arts and crafts and presentations by outside guests.

Occasionally we do offer trips and activities that are open to non-members. When a trip or activity is available to non-members, it will be advertised in our newsletter, on our website and Facebook page and there may be a fee for participation.

**New trips, presentations and activities are being planned for 2023.  
We look forward to seeing you at the Center!**

## 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 can not 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.

## Community Resources for Seniors

Low Income Energy Assistance Program  
302-397-8408

Osher Lifelong Learning Academy  
302-573-4417  
[www.pcs.udel.edu/osher-lifelong-learning](http://www.pcs.udel.edu/osher-lifelong-learning)

Easter Seals Respite Program  
302-221-2087  
[www.easterseals.com/de](http://www.easterseals.com/de)

## Swank Center for Memory Care and Geriatric Consultation

Delaware's first most comprehensive outpatient office for patients with memory disorders for their families.

Contact for more Info:  
302-320-3260

"FLOWERS CANNOT BLOOM WITHOUT SUNLIGHT, AND HUMANS CANNOT LIVE WITHOUT LOVE"





Groundhog Day is celebrated on February 2nd every year. It is a tradition that originated in Pennsylvania and is based on the belief that if a groundhog emerges from its burrow and sees its shadow on that day, there will be six more weeks of winter. If the groundhog does not see its shadow, it is believed that spring will come early.

**Celebrating Presidents Day on February 15th is a great way to show your appreciation for the men and women who have served our country!**

Consider taking part in a local event that honors veterans or serves the community.

- You can participate in a parade, volunteer at a veterans' hospital or retirement home, or donate items to a local food bank or shelter.

- You can also get creative and host your own event! Invite neighbors, friends, or family members to a picnic, a movie night, or a game night.

**Not only will you honor the presidents, but you'll also be showing your commitment to your community.**



## *Happy Valentine's Day!*

No matter how you choose to celebrate, make sure to spend the day expressing your love and appreciation for your special someone.





# February Activities



## Free Strength Training Classes every Monday and Wednesday 9:30 am -10:30 am

Strength training is an important part of any senior's well-being.

- helps to reduce the risk of falls and injuries, and can improve mobility, balance, and overall health.
- can also lead to increased independence and improved quality of life.

If you're a senior looking to start a strength training program, it's important to work with a qualified professional to ensure you're using proper form and technique to maximize safety and effectiveness.

A qualified fitness professional can also help you create an exercise program tailored to your individual needs and fitness level.

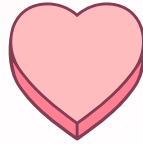
**Call to join!! 302-651-3400  
or Send us a message:**

[SGordon@WilmingtonSeniorCenter.org](mailto:SGordon@WilmingtonSeniorCenter.org)

Would you like to bring Seniors from your building or community center?

Please call our

Executive Director, Sam Nussbaum:  
302-302-651-3465 or send a message to  
[CWilliams@WilmingtonSeniorCenter.org](mailto:CWilliams@WilmingtonSeniorCenter.org)



Feb 2nd – 10 am – Jennifer Seabrook – Nutrition Tips

Feb 6 – 7th – 10am – CRAFT DAY

(preparing for Galentine's Day)

Feb 8th – 10 am – Healthy Heart Series

Feb 13th GALENTINE'S DAY PARTY

Feb 14th – 10 am – Speaker Series – Pastor Aaron Moor

Feb 15th – 10 am – Medicare Fraud

Feb 16th – 10am – Black History Celebration

Feb 20th – CLOSED –

Feb 21st – 10 am – Hidden Figures Movie

Feb 27th – 10 am – Black Nurses Rock



*Spiritual Understanding*

*Join us in learning the Word of God  
every Monday 10-11 am*



PLEASE NOTE: All presentations and trips are subject to change including additions and or deletions.

\* Must be present at the time of presentations 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 the day of trip or presentation.  
There is a Transportation charge for each trip.



**You can bring your used sneakers to Wilmington Senior Center and our Seniors benefit!**

**We have partnered with GoSneakers to have small funds donated for each pair of sneakers you bring in!!**

**Stop on by or give me a call  
Sabrina 302-651-3400 x 3460**

To help us continue to offer premiere programming and super fun trips, please open your camera - point the camera towards the QR Code and click the link that is shown.

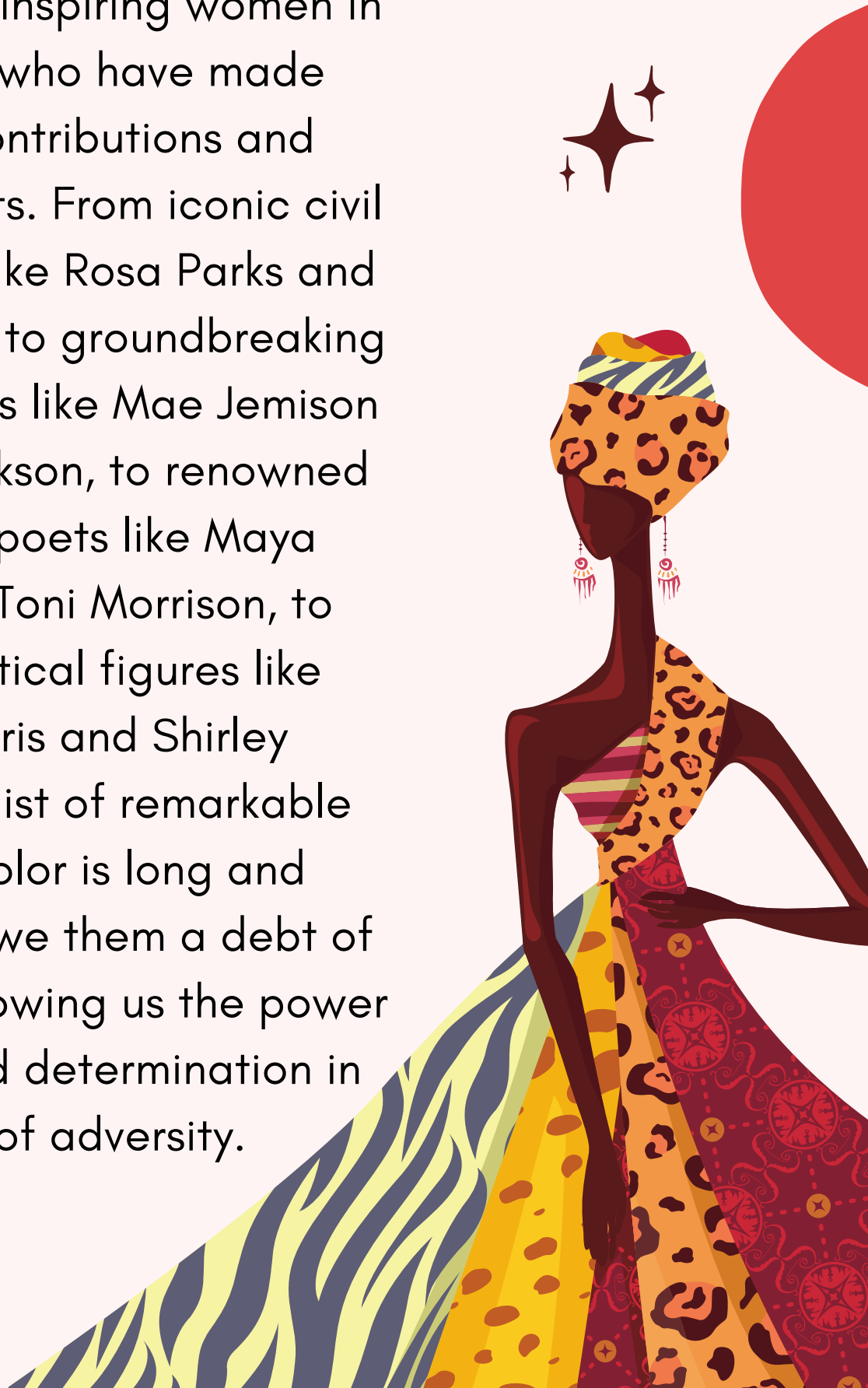
This will take you to our website [www.WilmingtonSeniorCenter.org](http://www.WilmingtonSeniorCenter.org) where you can make a donation. Be sure to check out our website for upcoming events and happenings!!





# Celebrating Black History Month

There are many inspiring women in black history who have made incredible contributions and accomplishments. From iconic civil rights activists like Rosa Parks and Harriet Tubman, to groundbreaking female scientists like Mae Jemison and Shirley Jackson, to renowned authors and poets like Maya Angelou and Toni Morrison, to amazing political figures like Kamala Harris and Shirley Chisholm, the list of remarkable women of color is long and powerful. We owe them a debt of gratitude for showing us the power of courage and determination in the face of adversity.







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

302-651-3400

fax: 302-651-3470

[www.wilmingtonseniorcenter.org](http://www.wilmingtonseniorcenter.org)

[info@wilmingtonseniorcenter.org](mailto:info@wilmingtonseniorcenter.org)

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## **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.