



Wilmington Senior Center



APRIL

Newsletter



2023



We Build a Community for Life!

1901 North Market Street Wilmington, DE 19802



www.wilmingtonseniorcenter.org



What is a caregiver?

ARTICLE FROM JOHN HOPKINS MEDICINE



A caregiver provides assistance in meeting the daily needs of another person. Caregivers are referred to as either "formal" or "informal." "Formal" caregivers are paid for their services and have had training and education in providing care. This may include services from home health agencies and other trained professionals.

"Informal" caregivers, also called family caregivers, are people who give care to family or friends usually without payment. A caregiver gives care, generally in the home environment, for an aging parent, spouse, other relative, or unrelated person, or for an ill, or disabled person. These tasks may include transportation, grocery shopping, housework, preparing meals. Also giving assistance with getting dressed, getting out of bed, help with eating, and incontinence.

If you fit the description of a family, or "informal" caregiver, you are not alone.

According to the American Association of Retired Persons (AARP) and the National Alliance for Caregiving (NAC), estimates of more than 65.7 million Americans serve as informal caregivers either to a child with special needs or an adult who lives in the community and needs help.

Most caregivers (86%) are related to the care recipient with about a third caring for a parent. The average age of a caregiver is 49. Most caregivers are women (66%), but men also serve as caregivers. It is also a myth that most of the elderly are cared for in nursing homes in the U.S. Most long-term care is provided by family and friends in the home. Only 11% live in a nursing home or an assisted-living facility.

It is unfortunate that experts estimate that 1.3 million to 1.4 million children, ages 8 to 18, care for an adult relative. Three-fourths of these children care for a parent or grandparent. Their responsibilities may range from bathing, dressing, assisting with mobility, preparing meals, dispensing medicines, and communicating with medical staff. They do all this and their own school work, too.



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health



United Way of Delaware

DIRECTOR'S CORNER



WHILE THE CENTER IS GOING THROUGH SOME CHALLENGING TIMES FINANCIALLY, WE THANKFULLY HAVE A PLAN IN PLACE TO ADDRESS IT. WE ARE PLANNING SEVERAL NEW FUNDRAISING EVENTS AND APPEALS AS WELL AS NEW GRANTS. SO WE ARE POSITIONED WELL TO DEAL WITH THESE CHALLENGES. WE APPRECIATE ALL THE SUPPORT THAT OUR CONSTITUENTS HAVE PROVIDED. AS FAR AS EVENTS AND ACTIVITIES, WE CONTINUE TO BE NUMBER ONE WITH 2 MARDI GRAS BINGOS, AND ONE FOR THE PUBLIC ON MARCH 18TH. PLEASE COME OUT AND SUPPORT US. WE ALSO HAVE A TRIP TO DC, A SPIRITUAL CRUISE FROM PHILADELPHIA, AND A FISHING TRIP WITH NON-OTHER THAN OUR VERY OWN MASTER FISHERMAN, DENNIS BLACK!

HAVE A WONDERFUL SPRING!



**STAND
BY ME**

50+

Unclaimed Property

Do you have unclaimed property waiting for you? You may have hidden money you don't even know about!

What is unclaimed property? A wide range of reportable property includes but is not limited to:

- **Dormant checking and savings accounts**
- **Uncashed money orders or cashiers' checks**
- **Unclaimed insurance benefits**
- **Mineral royalty payments**
- **Safe depository contents**
- **Unused gift certificates**
- **Dividends, stocks, or bonds**
- **Utility deposits or refunds**

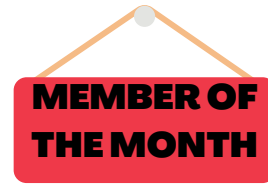
Financial coaches provide free financial coaching and benefits screening and access.

Call a Stand 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!

All of our services are FREE!





ESTHER ANTROM APRIL 30
LONNIE ASHE APRIL 15
MILDRED HOLMES APRIL 22
MARY JACKSON APRIL 6
GWENDOLYN JENKINS APRIL 14

PLEASE NOTE: ONLY BIRTHDAYS FOR PAID MEMBERS ARE LISTED IN OUR MONTHLY NEWSLETTER





Easter

APRIL 9, 2023

For Christians, Easter Sunday is the most special day of the year. Yes, the birth of Christ is quite important. But, his resurrection offers the hope of everlasting life to everyone! The season of Lent leading up to Easter Sunday is a time of fasting, sacrifice, and prayer. It is the Christian way of replicating in a small way what Christ sacrificed for us, both in his fasting and his final death on the cross.


The word "Easter" comes from the Saxon pagan festival, honoring the goddess "Easter" (also called Oestre).

The goddess Easter's symbol is the rabbit.

We also celebrate Easter with the Easter Bunny, colored eggs, jelly beans, and lots of chocolate. He (or she, as we are never quite sure about this) comes on Saturday night leading to Easter Sunday morning. He brings lots of chocolates and other candies. That's one meaning to Easter, especially if you are a kid or a "Chocaholic".

There is a famous Easter game called the Easter Egg Hunt. Early morning kids go outside to find the many-colored Easter eggs that the Easter bunny has hidden the night before. The Easter Egg Hunt was the first game ever invented. Allegedly, this tradition started was that the Easter Bunny dropped the eggs on the way to deliver them and the eggs hide.

Most of us will celebrate both parts of this spring holiday. Upon awakening on Easter Sunday morning, the children will hunt for the Easter basket left by the Easter Bunny. Then the family will dress in their finest new spring clothes and go off to church to celebrate Christ's resurrection. From there, the holiday tradition varies. Some have a big breakfast or brunch feast. Other families have a big main meal with baked ham being the most common meat. Brightly colored hard-boiled eggs will also be popular. It is not a day for high-cholesterol diets. It is a day to feast as the long Lenten season is over and Christ has arisen.



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, 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 PARTICIPATION FEE.

NEW TRIPS, PRESENTATIONS, AND ACTIVITIES ARE BEING PLANNED FOR 2023.

WE LOOK FORWARD TO SEEING YOU AT THE CENTER!

IF YOUR MEMBERSHIP IS NOT RENEWED BY APRIL 30TH 2023, YOUR ABILITY TO PARTICIPATE IN ANY OF OUR ACTIVITIES WILL BE SUSPENDED. PLEASE SEE SAM NUSSBAUM OUR EXECUTIVE DIRECTOR IF YOU HAVE ANY QUESTIONS OR CONCERNS.

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.

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

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 where you can make a donation.

Be sure to check out our website for upcoming events and happenings!!

**LOW-INCOME ENERGY ASSISTANCE PROGRAM
302-397-8408**

**OSHER LIFELONG LEARNING ACADEMY
302-573-4417
WWW.PCS.UDELE.EDU/OSHER-LIFELONG-LEARNING**

**EASTER SEALS RESPITE PROGRAM
302-221-2087
WWW.EASTERSEALS.COM/DE**



DIRECTOR OF ACTIVITIES APRIL GOALS

April Activities and Presentations

April 1st April Fool's Day

APRIL 3 10 AM DR. NICHELLE

APRIL 4 READING TERMINAL, PHILADELPHIA

TIME

MONEY

RSVP BY

APRIL 5 10 AM CIGNA

APRIL 6 BOOTHS CORNER FARMERS MARKET

TIME

MONEY

RSVP BY

APRIL 10 10 AM CIGNA

APRIL 11 YOLANDA MOHAMMAD UNITED HEALTHCARE

APRIL 12 HEARING TESTS WITH WILSON HANNOLD

APRIL 17 TRIVIA

APRIL 18 COWTOWN

TIME

MONEY

RSVP BY

APRIL 19 10 AM CIGNA

APRIL 20 10 AM SPEAKER SERIES -- DR. BECKLES

APRIL 24 DAY IN HISTORY

APRIL 26 9AM BINGO AT
BRANDYWINE SENIOR CENTER

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.



**FREE STRENGTH TRAINING
CLASSES WITH MEMBERSHIP
EVERY MONDAY AND WEDNESDAY
9:30 AM -10:30 AM**

**STRENGTH TRAINING IS AN
IMPORTANT PART OF ANY SENIORS
WELL-BEING.**

**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:

GORDON@WILMINGTONSENIORCENTER.ORG



April Activities 2023



Monday	Tuesday	Wednesday	Thursday	Friday
4/3 9:15 Chair Warmup 9:30 Strength Training 10:00 Dr. Nichelle 10:00 Bible Study 11:45 Lunch 12:30 Card Games	4/4 9:15 Chair Warmup 10:00 Reading Terminal 10:30 Wii Games 11:45 Lunch 12:30 Card Games	4/5 9:15 Tai Chi 9:30 Strength Training 10:00 Cigna 10:30 Wii Bowling 11:00 Puzzles 11:45 Lunch 12:00 Cash BINGO	4/6 9:15 Chair Warmup 10:00 Booth's Corner 11:00 WSIMC 11:45 Lunch 12:30 Card Games	Have an Awesome Weekend!!
4/10 9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:00 Cigna 11:45 Lunch 12:30 BINGO	4/11 9:15 Chair Warmup 9:30 United Healthcare 10:00 Arts & Crafts 10:30 Wii Games 11:45 Lunch 12:30 Card Games	4/12 9:15 Tai Chi 9:30 Strength Training 9:30 Hearing Test Wilson Hamold 10:30 Wii Bowling 11:00 Trivia 11:45 Lunch 12:30 Cash BINGO	4/13 9:15 Chair Warmup 10:00 AmeriHealth 11:00 WSIMC 11:45 Lunch 12:30 Card Games	Have an Awesome Weekend!!
4/17 9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 Card Games	4/18 9:15 Tai Chi 10 am Cowtown 10:30 Wii Games 11:45 Lunch 12:30 Independent Time	4/19 9:15 Meditation 9:30 Strength Training 10:00 Cigna 10:30 Wii Bowling 11:45 Lunch 12:30 Cash Bingo	4/20 9:15 Chair Warmup 10:00 Speaker Series with Dr. Beckles 11:00 Question & Answer 11:45 Lunch 12:30 Arts and Crafts	Have an Awesome Weekend!!
4/24 9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:00 Michelle Hays w Cigna 11:45 Lunch 12:30 BINGO	4/25 9:15 Tai Chi 10:30 Wii Games 11:45 Lunch 12:30 Independent Time	4/26 9:00 BINGO 9:15 Tai Chi 9:30 Strength Training 10:30 Wii Bowling 11:00 Trivia 11:45 Lunch	4/27 9:15 Meditation 10:00 Gibberish Game 11:45 Lunch 12:30 Independent Time	Have an Awesome Weekend!!



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 first serve basis and can not be made the day of trip or presentation.
 There is a Transportation charge for each trip



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Support Our Seniors



United Way of Delaware

Non-Profit Organization
U.S. Postage
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