

Wilmington Senior Center *Newsletter*



Summer

RELAX & ENJOY

| July 2023 |

Wilmington
Senior
Center

Healthy Weight Townhall

at the Wilmington Senior Center

What does an ideal healthy weight management plan look like for you?



Join us for an interactive open forum about healthy weight!

To create a Patients' Bill of Rights for People with overweight and obesity, the National Consumers League and the National Council on Aging are conducting a series of town halls in 2023 to help determine what "rights" are necessary for older adults to be in charge of their own health when seeking and obtaining obesity care. You can be part of this conversation to discuss what you need and make your voice heard!

Date: Tuesday, July 11, 2023

Time: 10:00 am - 12:00 pm

Location: Wilmington Senior Center

1901 North Market Street, Wilmington, DE 19802

Sign up now!

For more information and to RSVP contact:

Rosalía Velázquez

(302) 651-3400 Ext. 3424

rvelazquez@wilmingtonseniorcenter.org

Learn About These Issues:

- What limitations does living with excess weight have on your quality of life?
- What are the barriers in your community to accessing healthcare and quality treatment for overweight and chronic disease?
- What can providers and insurers do so more older adults with overweight and obesity are treated with respect and given information to understand their healthcare options?

Win a chance for a \$25 Gift Card!

Wilmington
Senior
Center



nco 
national council on aging

Director's Corner

The Wilmington Senior Center has two exciting events coming up in the next few months. On Tuesday, July 11th from 10 am to 12 pm, we will be having a Healthy Weight Town Hall in our building at 1901 North Market Street, Wilmington. This program will be recorded and will be presented as part of a national program to create a Patient's Bill of Rights for people with overweight and obesity. We hope all of you can attend. For further information, please contact our Director of Social Services, Rosalía Velázquez at 302-651-3400, ext. 3424.

On October 19th from 5:30 pm – 7:30 pm, we will be having a fundraiser – The Lifetime Achievement Award event at Kalmar Nyckel, the Copeland Maritime Center. Tickets are \$100 each and sponsorship opportunities are available. Please contact Sam Nussbaum, Executive Director, at 302-559-1202 for further information. Invitation will be going out shortly. At the WSC, we count on, and appreciate all your support!



Sam Nussbaum
Executive Director





Summer is here!

©LPi

Membership fee is \$25/year. Effective immediately all memberships will renew in January each Year.

All members who paid the \$25 membership fee between September 2022 and December 1, 2022, will be considered "paid in full" through December 1, 2024.

Please remember that current membership is needed to participate in all of our daily/weekly general programming. This includes Bingo, Wii bowling, exercise classes, bible study, arts and crafts, and presentations by outside guests.

We occasionally 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, website, and on our Facebook page, and there may be a participation fee.

New trips, presentations, and activities are being planned. We look forward to seeing you at the center!

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

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

Delaware State Information
www.delaware.gov

Center Guidelines

- Registration for all in-person lunches and activities is required.
- If you have not been vaccinated yet, we encourage you to.
- For additional information on trips, presentations and activities, please call (302) 651-3400, Option 0.

If you are unable to pay the annual fee for renewal or new membership please call Rosalía at 302-651-3400 x 3424



MEMBERSHIP BENEFITS



LUNCH

Membership includes freshly prepared, budget friendly, nutritious lunches.



EDUCATION

We offer classes and resources on a range of topics exclusively for members.



FITNESS

A variety of exercise classes are available, including Jazzercise, Yoga and Pilates.

Memberships are available to anyone 50+ and are not limited to Wilmington or Delaware residents. We welcome members from all around the area. Only \$25 per year, or \$500 lifetime.

ARE YOU AWARE OF THIS INVALUABLE FREE SERVICE?

Anyone who is unable to read or use standard printed materials as a result of temporary or permanent visual or physical limitations or reading disabilities can access books in Braille, audiobooks, and playback equipment, FREE. Individuals who are blind, visually impaired, paralyzed, missing arms or hand, have lack of muscle coordination or prolonged weakness can access this service.

Delaware Library Access Services (DLAS) provides books in Braille and audio books in accessible formats for the blind and physically handicapped residents of Delaware. The library has audio playback devices that are loaned to patrons to listen to the audio books. All services of the DLAS are free. Materials are distributed through the US postal service and returned to the library postage free.

Individuals interested in this program need to complete an application. On the application, eligibility must be certified by one of the following: doctor of medicine, doctor of osteopathy, ophthalmologist, optometrist, psychologist, registered nurse, therapist, or professional staff of hospitals, institutions, and public or welfare agencies (such as an educator, social worker, case worker, counselor, rehabilitation teacher, certified reading specialist, school psychologist, superintendent, or librarian).

To get help from this program, contact:
Delaware Library Access Services at 800-282-8676.
<https://libraries.delaware.gov/dlas/>
Delaware Library Access Services 121 Martin Luther King Blvd. North Dover, DE 19901

To learn about more resources and benefits, contact a Stand By Me Financial Coach today!

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!



Unable to read or use standard printed materials as a result of temporary or permanent visual or physical limitations or reading disabilities?



Tips for a Better Night's Sleep

For many, sleep doesn't come easy. Up to **70 millions Americans** suffer from sleep disorders, such as obstructive sleep apnea, insomnia, narcolepsy and restless legs syndrome. Nights are spent staring at the walls as insomnia takes control, or frequently waking from snoring or gasping for air due to untreated obstructive sleep apnea. Fortunately, achieving the recommended seven hours of healthy sleep and managing a sleep disorder is possible with help.



Here are some tips to help you improve the quality of your sleep:

- **Stick to a consistent sleep schedule:** Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and promotes better sleep.
- **Create a sleep-friendly environment:** Make your bedroom comfortable, cool, dark, and quiet. Consider using earplugs, eye shades, or a white noise machine to block out any disruptive noises or lights.
- **Limit exposure to electronic devices:** The blue light emitted by smartphones, tablets, and computers can interfere with your sleep. Avoid using electronic devices for at least an hour before bed, or use apps or settings that reduce blue light emissions.
- **Avoid caffeine and stimulants:** Limit your consumption of caffeine-containing beverages like coffee, tea, and energy drinks, especially in the afternoon and evening. Stimulants can disrupt your sleep and make it harder to fall asleep.
- **Manage stress:** High levels of stress and anxiety can make it difficult to sleep well. Find healthy ways to manage stress, such as practicing relaxation techniques, engaging in hobbies, or talking to a trusted friend or therapist.

Remember, it may take some time to adjust to new sleep habits and routines. If you continue to struggle with sleep, it's important to consult a healthcare professional for further guidance and support.

Let's learn to reduce or delay the risk of dementia



While there is no guaranteed way to completely prevent dementia, there are several lifestyle choices and habits that may help reduce the risk or delay the onset of cognitive decline. Here are some tips that may be beneficial:

- **Stay mentally active:** Engage in activities that challenge your brain regularly. Read books, solve puzzles, play strategy games, learn new skills, or take up a hobby that requires mental effort.
- **Be physically active:** Regular exercise has been linked to a lower risk of dementia. Aim for at least 150 minutes of moderate-intensity aerobic activity per week.
- **Follow a healthy diet:** Adopt a balanced diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats. Reduce your intake of processed foods, sugary snacks, and saturated fats.
- **Get enough quality sleep:** Aim for 7-8 hours of good quality sleep each night. Poor sleep has been linked to cognitive problems and an increased risk of dementia.
- **Stay socially engaged:** Maintain an active social life and stay connected with family, friends, and your community. Social interaction and stimulating conversations may help preserve cognitive function.
- **Challenge your brain:** Continually learn new things and engage in mentally stimulating activities. Take up a new language, learn to play a musical instrument, try new hobbies, or enroll in courses or workshops that challenge your intellect.

Remember that these tips can promote overall brain health, but they do not guarantee the prevention of dementia. If you have concerns about your cognitive health, it's best to consult with a healthcare professional for personalized advice and guidance.

More information: <https://www.alz.org/alzheimers-dementia/what-is-dementia> or call 24/7 Helpline: **800.272.3900**

HOW TO DONATE



The Wilmington Senior Center has remained a steadfast champion for the well-being, dignity, and independence of seniors in the City of Wilmington.

Your donation supports Wilmington Senior Center's dynamic programming, focused on enriching the lives of seniors who have limited access to emotional, family or financial support, enabling them to age as they choose within their community.

Your support makes the programs at Wilmington Senior Center possible and affordable. We hope you will invest in healthy and positive aging in a way that is meaningful to you.

DONATE AT: <https://wilmingtonseniorcenter.org/donate/>

You can also donate with a check or Money Order mailed to:

Wilmington Senior Center

Finance Department

1901 N. Market Street

Wilmington, DE 19801





Monday

Congregate City Fare Menu July 2023

Tuesday

Wednesday



7/3 CLOSED

7/10
BBQ Texas Burger with Sautered Onions, BBQ Sauce and Pepper Jack Cheese on a Hamburger Bun
Lima Beans
Fiesta Corn
Mixed Fruit



7/4

7/11
Flounder with Lemon & Parsley Sauce
Macaroni & Cheese
Stewed Tomatoes
Fruit Cocktail
Chocolate Chip Muffin

7/5
Stuffed Pepper
Marinara Sauce
Mashed Potatoes
Green Beans
White Wheat Bread
Fresh Plum or Apple

7/12
Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato & Carrot
Beef & Vegetable Soup
Blueberry Muffin
Diced Peaches
Yogurt
Crackers



7/19
Hot Dog on a Bun
Hamburger on a Bun with Lettuce, Tomato & Onion
Baked Beans
Potato Salad
Watermelon

7/26
Meatball Sub with Mozzarella Cheese
Mixed Salad with Tomato, Cucumber & Green Peppers
Chocolate Chip Muffin



7/6
Crab Cake on Brioche Bun
Stewed Tomatoes
Corn
Fruit Cocktail
Tartar Sauce

7/13
Eggplant Parmesan with Marinara Sauce and Mozzarella Cheese
Capri Blend Veggies
Peach Crisp
Dinner Roll
Fresh Apple

7/7
Grilled Chicken
Mashed Potatoes
Broccoli Spears
Fresh Orange
Chocolate Fudge Pudding

7/14
Pot Roast in Au Jus
Baked Potato with Sour Cream
California Blend Veggies
Split Top Dinner Roll
Strawberry Waffle Cookie

7/20
Baked White Fish with Orange Butter Sauce
Baby Potatoes
Brussel Sprouts
Mixed Fruit
Dinner Roll

7/27
Italian Hoagie on White Sub roll w. shredded lettuce & tomato
Pineapple tidbits
Cucumber salad
Mayo packet

7/21
Turkey with Gravy
Sweet Potatoes
Green Beans
12 Grain Bread
Pudding
Cranberry Sauce

7/28
Oven Fried Chicken
Mashed Potatoes with Gravy
Seasoned Greens
Fresh Peach or Orange

7/24
Pulled Pork w. Au Jus
Mashed Potatoes
Caribbean Blend Veggies
Apple
Cornbread Loaf

7/25
Chicken Salad Platter
Lettuce & Tomato
Cream of Broccoli Soup
Ambrosia
Whole Grain Saltness

8/2
Pot Roast in Au Jus
Roasted Baby Bakers
Green Beans
Pineapple Tidbits
Giant Graham Fish

8/3
Tuna Salad on Kaiser Roll
Lettuce & Tomato
Tomato Vegetable Soup
Fruit Cocktail
Crackers

8/4
Chicken Drumsticks
Sweet Potatoes
Broccoli Spears
Applesauce
Apple Waffle Cookie

• All meals subject to change. All meals contain 1% milk
• Meals are ordered according to projected number; over that number, back-up meals will be available.

• Saturday Mid Day meals served at St. Anthony's
• Tuesday Evening Meals served at St. Anthony's Senior Center

Wilmington Senior Center

The Wilmington Senior Center (WSC) was officially established on July 6, 1956 as the first senior center in Delaware. WSC has a 64-year history serving the City of Wilmington, offering activities and services to the 50+ community. The vision of our founders was fulfilled as hundreds of active seniors were attracted to the center for trips, teas, classes, counseling and card parties.

Today the WSC is thriving, offering even more activities and classes. Our Grandparent and Caregiver Resource Center provides one-to-one assistance, referrals and advocacy. The WSC has been able to remain a thriving part of the City of Wilmington due to the generous support of members and the local community. Thank you to the community, businesses, corporations, foundations and others who have been an integral part of making the Wilmington Senior Center a vital community resource!



WILMINGTON SENIOR CENTER

1901 N. Market Street

Wilmington, DE 19802

(302) 651-3400

info@wilmingtonseniorcenter.org

www.wilmingtonseniorcenter.org

HOURS

Regular Hours

Monday - Thursday, 9:00 am - 2:00 pm

By Appointment Only

Monday - Thursday, 2:00 pm - 4:00 pm

Friday, 9:00 am - 3:00pm

Saturday & Sunday

Closed

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

Non-Profit Organization
U.S. Postage
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Wilmington, DE 19802
Permit No. 430

Phone: (302) 651-3400

Fax: (302) 651-3470

info@wilmingtonseniorcenter.org

www.wilmingtonseniorcenter.org

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