

A photograph of a winter landscape. The ground is covered in a thick layer of snow. In the foreground, there is a large, snow-laden evergreen tree on the left and a large, leafless tree with brown leaves on the right. In the middle ground, there is a wooden bench. The background shows more trees and a pale, overcast sky.

Wilmington  
Senior  
Center

**JAN 2024**  
**NEWSLETTER**



# Wilmington Senior Center

## HOURS

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

*By Appointment Only*

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

**Friday:**

**9:00am - 3:00pm**

**Saturday & Sunday:  
Closed**

**T**he Wilmington Senior Center (WSC) was officially established on July 6, 1956 as the first senior center in Delaware. WSC has a long history of 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.

**T**oday 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!

**1901 N. Market Street / Wilmington, DE 19802 / 302.651.3400**

**www.WilmingtonSeniorCenter.org**

# Director's Corner



As we enter the Holiday Season, on behalf of our Board of Directors, Staff, and the over 100 seniors that we serve, we wish everyone a Happy Holiday season! May all your dreams and wishes come true! The Wilmington Senior Center is doing great, thanks to our valued staff and the wonderful seniors that we serve. We are collaborating with two organizations – *The Wilmington Job Corps* and the *Wilmington Housing Association (WHA)*. The Job Corps sends us trainees every day that we're open and we are currently processing an additional 50 seniors from the WHA. So we are getting bigger every day, but we will never lose the quality that makes us special - LOVE. What goes around comes around, and there is plenty of that going around.

God bless,

**Sam Nussbaum**  
**Executive Director**



# Wilmington Senior Center

## MEMBERSHIP BENEFITS



**LUNCH**



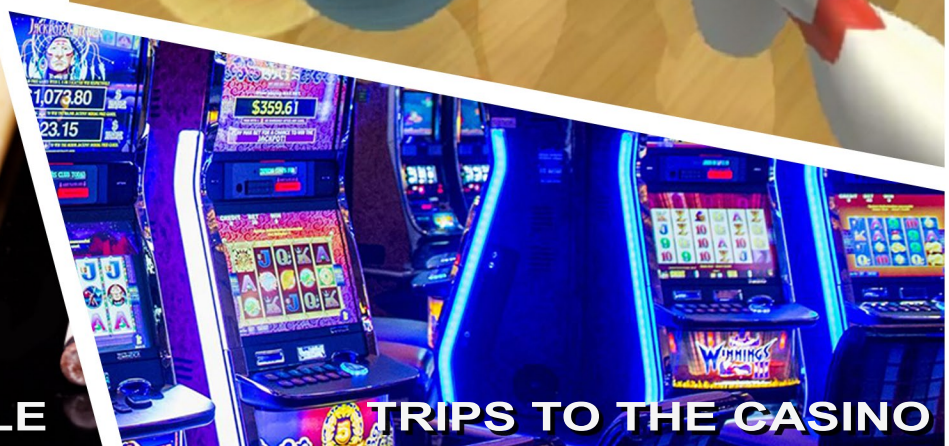
**Wii BOWLING**

**\$25  
YEAR**

Effective immediately all memberships will renew in January each year.



**POOL TABLE**



**TRIPS TO THE CASINO**

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 & crafts, and presentations by outside guest.



**NEW TRIPS**



**FITNESS**



**Speaker Series**

**EDUCATION**

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.



**GAMES**



**BINGO**

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

**Our Mission**



To support our clients and their loved ones by providing the most reliable care services

**(302)409-3710**

**Our Vision**



To work as a united team providing the best senior care in the world, with the broadest range of services, and the most loving and consistent care anywhere



**Always Best Care**  
senior services®

**Our Promise**



We are committed to providing you with the best care for your specific needs

[AlwaysBestCareDelaware.com](http://AlwaysBestCareDelaware.com)



**The  
British Occupation  
of Wilmington**

An Untold Story of the  
American Revolution

**WILLIAM S. KNIGHTLY**

January 17<sup>th</sup>  
**6 PM**



**Chancery Market  
Deliberation Room**

Presented by Brandywine Partners/W3R

# Dealing With Caregiver Stress & Burnout: A Guide

By Kirstie Ganobsik HealthDay Reporter



If you've been suffering from caregiver stress, you've got plenty of company.

It affects about 36% of the 53 million unpaid family caregivers in the United States, according to a recent report by the AARP and the National Alliance for Caregiving -- and it can ultimately lead to caregiver burnout.

To give you some tools to better recognize caregiver stress and burnout, let's explore some of the symptoms.

Plus, experts offer several ways you can better manage caregiver stress, and when it's time to seek help to prevent it from reaching the level of burnout.

## What is caregiver stress?

Caregiver stress occurs when the emotional, mental and physical impacts of being a caregiver become overwhelming.

It can happen to anyone who takes care of a person with a disability, health condition or injury or someone who is elderly. However, more women say they experience stress from caregiving than men, according to the U.S. Department of Health and Human Services Office of Women's Health.

One of the main challenges for a lot of caregivers is having too little time for themselves or their family and friends.

"Family caregivers spend an average of over 24 hours a week providing care -- that's more than an entire day you don't have for yourself," Laura Kotler-Klein, a social work manager at the Hospital of the University of Pennsylvania, said in a Penn Medicine article.

Caregiver stress may be experienced in a variety of ways, including:

- Overeating or not eating enough**
- Losing interest in the activities and people you once enjoyed**
- Experiencing feelings of isolation, depression or other negative emotions**
- Treating the person you're caring for poorly**
- Feeling a loss of control**
- Using substances like alcohol and medications to try to relieve stress.**

According to the Alzheimer's Association, signs of caregiver stress may also include *increased levels of irritability, anger, frustration, insomnia, anxiety and even denial of your loved one's condition.*



## What is caregiver burnout?

Caregiver burnout comes from caregiver stress that's left unaddressed and reaches the level of exhaustion.

The Cleveland Clinic notes that caregiver burnout may cause caregivers to experience depression, anxiety disorders, ongoing stress and fatigue. Oftentimes, people's attitude shifts from caring and positive to detached and unconcerned due to being worn out.



While everyone has a unique experience of caretaking, here are some top reasons for burnout:

***Too much workload or demand placed on the caregiver***

***Too little control stemming from a shortage of resources or knowledge, such as a lack of money or not understanding how to be a caregiver***

***Confusion about roles, especially if you've previously been a sibling, partner, parent or friend and must now take on an additional role with new responsibilities that are unclear***

***The emotional toll of seeing a person you're caring for struggle with mental, physical or behavioral health issues***

***Neglect of your own physical, mental and emotional needs due to the demands of caregiving.***

"These [caretaker] responsibilities can leave you feeling overwhelmed, unhappy and isolated," said Kotler-Klein.

## **How to manage caregiver stress**

Here are some ways to manage caretaker stress, according to Penn Medicine:

***Practice setting proper boundaries, including saying "no" when you already have enough on your plate.***

***Acknowledge and practice strategies to help manage your feelings of stress, such as taking a few deep breaths throughout the day***

***Cook healthy meals to create positive experiences with the person in your care***

***Go outside for about 10 minutes each morning and afternoon to get some fresh air and sunlight***

***Prioritize time for yourself each day -- even if it's just a few minutes***

***Ask for help and support from your family, friends and the health care community, including seeking professional help if you feel you need it***

***Schedule time for the activities and people you enjoy.***



In addition, a 2018 study showed exercising at least three times a week for six months improved stress levels and even cellular health in family caregivers.

"What caregivers need is support for healthy behaviors, because that is one of the first things to drop when you become a family caregiver," study author and University of British Columbia associate professor Eli Puterman said in a news release when the study was published.

## **When caregiver stress becomes burnout**

Burnout is a serious health concern. When caregiver stress becomes too much to handle and the signs of burnout appear, it's important to seek help.

If you think you may be experiencing depression, anxiety or another mental health condition due to caregiver burnout, a professional therapist can work with you to help reduce and eliminate your symptoms.

There are also services available for caretakers that the Cleveland Clinic recommends, including adult day care, home health aides, and caregiver support services. You can find helpful information and resources for caregivers at [USA.gov](https://www.usa.gov).



The mission of the **Wilmington Senior Center** is to provide life-sustaining and life-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.

*This Holiday Season*



Wilmington  
**Senior Center**



**ASK FOR YOUR SUPPORT!**

**As we Continue to  
Build a Community for Life**

**SCAN TO**



**DONATE**

**OR VISIT:**

**[www.WilmingtonSeniorCenter.org/donate](http://www.WilmingtonSeniorCenter.org/donate)**

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.

**Thank you for your generosity and support.**



Wilmington  
Senior  
Center

ACTIVITIES & PRESENTATIONS  
JANUARY 2024

- January 1<sup>st</sup> -New Year's Day [CLOSED]
- January 4<sup>th</sup> -Delaware Park
- January 11<sup>th</sup> -Red Lobster
- January 15<sup>th</sup> -Martin Luther King Jr. Day [CLOSED]
- January 25<sup>th</sup> -Medicare Advantage

\*Presentations and activities are subject to change.





· H A P P Y · N E W · Y E A R ·

# January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>CLOSED</b></p>	<p><b>2</b></p> <p>9:15 Chair Warmup 10:00 Trivia 10:00 Independent Dominos 10:00 Wii Bowling 11:45 Lunch 12:30 Card Games</p>	<p><b>3</b></p> <p>9:15 Tai Chi 9:30 Strength Training 10:30 Wii Bowling 11:00 Puzzles 11:45 Lunch 12:30 <b>Cash BINGO</b></p>	<p><b>4</b></p> <p>9:15 Chair Warmup 9:30 State of Affairs 10:00 Dominos 11:45 Lunch 12:30 Card Games</p>	<p><b>5</b></p> <p><b>Have A Great Weekend!!</b></p>
<p><b>8</b></p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:30 Wii Games 11:45 Lunch 12:30 <b>BINGO</b></p>	<p><b>9</b></p> <p>9:15 Chair Warmup 10:00 Puzzles 10:00 Independent Dominos 10:00 Wii Bowling 11:45 Lunch 12:30 Card Games</p>	<p><b>10</b></p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 Wii Bowling 11:00 Trivia 11:45 Lunch 12:30 <b>Cash BINGO</b></p>	<p><b>11</b></p> <p>9:15 Chair Warmup 10:00 Suck it Up 11:00 WSMC 11:45 Lunch 12:30 Card Games</p>	<p><b>12</b></p> <p><b>Have A Great Weekend!!</b></p>
<p><b>15</b></p> <p><b>CLOSED</b></p>	<p><b>16</b></p> <p>9:15 Chair Warmup 10:00 Spot the Difference 10:00 Discussion 10:00 Dominos 11:45 Lunch 12:30 Card Games</p>	<p><b>17</b></p> <p>9:15 Meditation 9:30 Strength Training 10:30 Wii Bowling 11:45 Lunch 12:30 <b>Cash BINGO</b></p>	<p><b>18</b></p> <p>9:15 Tai Chi 9:30 M&amp;M Challenge 10:00 Sight and Sound 11:45 Lunch 12:30 Arts and Crafts</p>	<p><b>19</b></p> <p><b>Have A Great Weekend!!</b></p>
<p><b>22</b></p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 <b>BINGO</b></p>	<p><b>23</b></p> <p>9:15 Chair Warmup 10:00 Wii Games 11:45 Lunch 12:30 Arts and Crafts</p>	<p><b>24</b></p> <p>9:00 Tai Chi 9:30 Strength Training 9:30 Hangman 10:30 Wii Bowling 11:45 Lunch 12:30 <b>Cash BINGO</b></p>	<p><b>25</b></p> <p>9:15 Chair Warmup 9:30 Pictionary 10:30 Search and Find 11:45 Lunch 12:30 Card Games</p>	<p><b>26</b></p> <p><b>Have A Great Weekend!!</b></p>
<p><b>29</b></p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 <b>BINGO</b></p>	<p><b>30</b></p> <p>9:00 Tai Chi 10:30 Wii Games 11:45 Lunch 12:30 Arts and Crafts</p>	<p><b>31</b></p> <p>9:00 Tai Chi 9:30 Strength Training 10:00 Movie 11:45 Lunch 12:30 <b>Cash Bingo</b></p>		

# Congregate City Fare Menu January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1/1	1/2	1/3	1/4	1/5
	Meatloaf w. Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll	Chili w. Mozzarella Cheese Baked Potato Corn Muffin Orange Sour Cream	Breaded Chicken Patty w. American Cheese & Pickles on a Hamburger Roll Seasoned Greens French Fries Fresh Apple	Cheese Pizza Salad w. Tomatoes, Carrots & Garbanzo Beans Chocolate Ice Cream
1/8	1/9	1/10	1/11	1/12
Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top	Meatballs in Marinara over Spaghetti Mixed Salad with Cucumber & Tomato Applesauce 12 Grain Bread	Chicken & Dumplings Scandinavian Blend Veggies Diced Peas Yogurt	Ham & Swiss on Club Roll w. Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers	Salsbury Steak w. Gravy Mashed Potatoes Stewed Zucchini Mandarin Oranges Corn Muffin
1/15	1/16	1/17	1/18	1/19
	Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	Chicken Cordon Bleu Mashed Potatoes w. Gravy Cherry Graham Tart w. Whipped Cream Broccoli	Turkey & Swiss on Club Roll w. Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup Crackers	Calzone w. Turkey Pepperoni & Turkey Sausage Marinara Sauce Capri Blend Vegetables Mixed Fruit
1/22	1/23	1/24	1/25	1/26
Salmon Filet w. Lemon Dill Sauce Baked Potato w. Sour Cream Cauliflower White Wheat Bread Pudding	Oven Fried Chicken Mashed Potatoes w. Gravy Peas & Carrots Tropical Fruit	Turkey w. Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple Dinner Roll Cranberry Sauce	Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato French Fries Diced Peas Minestrone Soup w. Crackers	Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie
1/29	1/30	1/31	2/1	2/2
Swedish Meatballs over Egg Noodles Capri Blend Veggies 12 Grain Bread Tropical Fruit	Ham w. Pineapple Sauce Mashed Potatoes Baby Carrots Croissant	Pot Roast w. Gravy Scalloped Potatoes Green Beans & Baby Carrots w. Slivered Almonds Apple Pie Dinner Roll	Baked White Fish Macaroni & Cheese Stewed Tomatoes Yogurt Diced Peaches	Beef Goulash over Elbow Macaroni Green Beans Peach Cobbler Dinner Roll



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

**1901 N. Market Street  
Wilmington, DE 19802**

Phone: (302) 651-3400

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Non-Profit Organization  
U.S. Postage

**PAID**

Wilmington, DE 19850

Permit No. 430

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## SUPPORT OUR SENIORS

**WWW.WILMINGTONSENIORCENTER.ORG/DONATE**



**SCAN TO**



**DONATE**

**LIVE UNITED**



**United Way of Delaware**  
Donor Designation Code: 560