

HAPPENINGS



**PETER BRESSI
NORTHEAST SENIOR
CENTER
4744 FRANKFORD AVE
PHILADELPHIA, PA
19124
(215) 831-2926**

The Peter Bressi Northeast Senior Center is designed to enhance the quality of life for senior citizens.

We do this through social, recreational, educational and social service programs.

The Center is funded by the Philadelphia Corporation for Aging and is a community service project operated by the Northeast Community Center for Behavioral Health.

APRIL 2022



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Happy Easter!



From the Director



April 2022,

Dear Members,

I am really excited that spring is officially here and I'm looking forward to having lots of fun in the sun with a variety of different games and activities that I hope we can run out back (if you're willing to participate, it's on the courtyard!). The good news continues as we submitted a request to re-instate our congregate meal program, which means that, barring some unforeseen setback, we will be getting back to official normalcy as you guys can eat at the center and participate in activities Monday-Friday!! As soon as I get the approval from PCA, I'll be sure to relay the news to you on the same day.

This will also mean that we will be able to continue with the monthly birthday celebrations (and eat cake and ice cream!) and also welcome in live entertainment for special events and run trips!! Let's just all act like Covid never happened and get right back in to good times and good vibes! April 11th can't come fast enough.

I want to thank everyone for your patience and for supporting one another throughout a tumultuous two years. Although Covid was a nightmare, it also helped us to foster our empathy and compassion for others while strengthening our tolerance and patience as we rode out the turbulence of what once seemingly to be a never-ending pandemic. But now we get to fully appreciate the light at the end of this tunnel and what better time than now as we enter in to the spring sunshine and amazing weather ahead!

I also wanted to let you know that the "Art-Reach" program is back in effect so we can set up trips to places such as the The Franklin Institute, The Philadelphia Museum of Art, The Academy of Natural Sciences, and many, many more. The amazing thing about the program is that it only costs each participant two dollars as long as one member can present an access card at the gate. Each individual that presents their access card allows that individual to bring 3 guests for just \$2.00 each. It really is an incredible deal so definitely take some time to consider participating in these trips.

I want to wish everyone a Happy Easter/Passover season. Please keep in mind that the center will be closed on April 15th in observance of Good Friday.

I look forward to spending an amazing spring season together!

Sincerely,

Jim



Program Coordinator



Hello everybody and happy April!

We are finally fully in spring and I couldn't be happier to get rid of the colder weather. This past month we had a variety of interesting and fun activities. From celebrating Saint Patrick's day, a ton of sponsored bingos and activities, a movie day, nutritional presentations, and of course our regularly scheduled activities like bingo, chair aerobics, and our game shows. This upcoming month I have plenty of entertaining activities planned. We will have Easter wreath making on April 11th, a visit from the kindergarten kids from Frankford Friends School on April 22nd, sponsored bingos and activities along with some more educational presentations! Of course we will continue our regularly scheduled activities like regular bingo, chair aerobics, our women's group, and our lovely game shows. Hopefully we can get outside and get some sun this month as the warmer weather approaches. I truly can't believe how fast time is going by, but I am enjoying every second of it with you all! Hopefully within the next couple of months we can finally see the light at the end of the tunnel by opening full time and resuming meals in the center, and put COVID behind us. We will keep you updated on that! Thank you for all of your participation and efforts. I greatly appreciate it and I am so grateful for each and every one of you. As always if you have any questions, comments, or concerns about any of the activities or even some new ideas you want to bring to the table please do not hesitate to reach out! I love trying new activities with you all especially activities that you enjoy. I hope everyone remains happy and healthy during this time.

Sincerely,

Kristin Green



A Note From Nichet



Hello everyone and welcome to April! I am super excited that spring is finally here and we can look forward to the nice weather ahead of us. I really enjoyed all of the wonderful activities we had planned last month. From the nutritional bingo, the women's group, and the Humana presentation, it was awesome! I am happy that everyone learned a lot of educational information on Health Care.

I believe that this month is going to be even more exciting as we have some new educational presentations to look forward to along with some new and exciting activities. I am looking forward to the presentation on "Understanding your Medications." This presentation is important because you'll learn about how your medication works within the body and how it can negatively affect you if not taken properly. It will also help you to better understand the proper dosage of the medications, which is specific to each individual. I want you all to feel free to ask questions and stay engaged in lesson.

In addition to all the activities and fun we have at the center, I want you guys to know that I am here to be of assistance to you. If you need help with paying any of your utility bills, please feel free to come to my office. We also offer help with housing placement, Medicare and Medicaid information, and LIHEAP application referrals. We have grab and go meals available to those who are in need of food as well.

If anyone is interested in attending any conferences that PCA has coming up, please let me know and I can help you to register on-line. The following are the names of the trainings: "How older workers can push back against the reality of ageism", "Statin use in older adults linked to lower risk for parkinsonism", "Virtual reality could help ward off Alzheimer's by making people feel less lonely," and lastly, "Addressing barriers to Cancer Care in LGBTQ and Older Adults."

I hope everyone is staying engaged in some extracurricular activities on their down time. Whether it be reading a nice book, going for a walk park in your neighborhood, cooking a nice meal for yourself, drawing, painting, journaling, traveling, etc. Make sure you're not working too hard and you're making time for yourself. Always remember that self-care is the best care for us and we need to practice that daily.

Beautiful Quotes

The roots of beauty are love and kindness. The fruits are meaning and purpose
"Maxime Lagace"

If the path be beautiful, let us not ask where it leads "Anatole France"

Love of beauty is taste. The creation of Beauty is Art "Ralph Waldo Emerson"



EMERGENCY HOTLINES

PCA HELPLINE
215-765-9040

GAS LEAKS HOTLINE
215-235-1212

SOCIAL SECURITY
1-800-772-1213

POISON INFORMATION
215-386-2100

WATER DEPARTMENT
215-686-6880

PGW
215-235-1000

PECO
1-800-494-4000



HISTORY OF APRIL

April is the fourth month of the year in the [Gregorian calendar](#), the fifth in the early [Julian](#), the first of four months to have a length of 30 days, and the second of five months to have a length of less than 31 days.

APRIL IS

African American Women's Fitness Month
Black Women's History Month
Confederate History Month
Irritable Bowel Syndrome Awareness Month
Lawn and Garden Month
Mathematics Awareness Month
National Arab American Heritage Month
National Cancer Control Month
National Jazz Appreciation Month
National Month of Hope
National Pecan Month
National Soft Pretzel Month
National Straw Hat Month
Occupational Therapy Month

Alcohol Awareness Month
Celebrate Diversity Month
Distracted Driving Awareness Month
Foot Health Awareness Month
Mathematics Awareness Month
Month of the Military Child
National Autism Aware
National Child Abuse Awareness Month
National Minority Health Month
National Parkinson's Awareness Month
National Poetry Month
National Soy Foods Month
National Volunteer Month
Pets are Wonderful Month

"Some people can't be fooled on
April Fool's Day because they
were fooled too many times
during their entire lifetime."

— Akash B Chandran

"Here cometh April again and as
far as I can see the world hath
more fools in it than ever."

— Charles Lamb

"Sweet April showers / Do
bring May flowers."

— Thomas Tusser

"April hath put a spirit of youth in
everything."

— William Shakespeare





April Birthdays

Margaret Winton
James Gillen

Jennifer Fortune
Patrick McKenna

Gwen Harper

Flower

Sweet Pea and Daisy



Birthstone

Diamond



"Every birthday is a gift.
Every day is a gift.

— Aretha Franklin

"Why party like it is 1999 when
you can party like it is your
birthday?

— Prince

"I was brought up to respect
my elders, so now I don't have
to respect anybody."

— George Burns

"Age is a case of mind over matter.
If you don't mind, it don't matter."

— Satchel Paige



ONGOING ACTIVITIES

**PETER BRESSI
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215-831-2926**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Bingo Exercise	9:00 Covid Conference Call	9:00 Bingo Exercise	9:00 Covid Conference Call	9:00 Bingo Exercise
1:00 Board Games Exercise	1:00 Remote Meditation & Mindfulness	1:00 Board Games Exercise	1:00 Remote Meditation & Mindfulness	1:00 Board Games Exercise



**FUN AND GAMES
ON THE COMPUTER
MONDAY - FRIDAY
8:30 - 4:30**

PATIO AREA OUT BACK



TUMMY TREASURE

Creamy Herbed Easter Ham and Pea Pasta Salad

Ingredients

- Kosher salt and freshly ground black pepper
- 1/3 cup mayonnaise
- 1/4 cup chopped fresh flat-leaf parsley
- 3 tablespoons sour cream
- 2 tablespoons finely chopped fresh chives
- 2 tablespoons chopped fresh mint
- 1 1/2 tablespoons fresh lemon juice
- 8 ounces dried penne or pennette
- 1 1/2 cups frozen peas, thawed
- 1 cup diced ham

Directions

1. Bring a large pot of salted water to a boil.
2. Whisk together the mayonnaise, parsley, sour cream, chives, mint, lemon juice, 1/2 teaspoon salt and a few grinds of pepper in a large bowl.
3. Add the pasta to the boiling water and cook according to the package directions. Three minutes before the pasta is done, add the peas to the pot. Drain and rinse under cold water to cool; add to the bowl with the dressing.
4. Add the hame to the bowl and toss to combine. Season with salt an pepper.
5. The pasta salad is best if served right away.



TUMMY TREASURE

Southern Banana Pudding



INGREDIENTS

- 3 cups whole milk
- 1 1/4 cups sugar
- 1/4 cup cornstarch
- Kosher salt
- 4 large eggs, separated, yolks lightly beaten
- 2 tablespoons unsalted butter
- 1 1/2 teaspoons pure vanilla extract
- 3 ripe medium bananas (about 1 pound), thinly sliced crosswise (about 2 1/2 cups)
- 50 vanilla wafers, such as Nilla Wafers (about half a box)
- 1/4 teaspoon cream of tartar

DIRECTIONS

1. Heat 2 1/2 cups of the milk in a large saucepan over medium heat until steaming.
2. Whisk 3/4 cup of the sugar, the cornstarch and 1/2 teaspoon salt in a large bowl. Whisk in the egg yolks and the remaining 1/2 cup milk.
3. Whisk half of the hot milk into the egg mixture until smooth, and then gradually whisk the egg milk mixture into the milk in the saucepan. Cook over medium heat, whisking constantly, until the mixture boils. Reduce the heat to medium-low, and let the mixture come to a simmer. Continue to cook, whisking constantly, until it has thickened to a puddinglike consistency, 3 to 4 minutes. Remove from the heat and whisk in the butter and vanilla.
4. Layer a third of the pudding, half the banana slices and half the vanilla wafers in a 9-inch square baking dish. Layer with half the remaining pudding, all the remaining banana slices and all the remaining wafers. Top with the last of the pudding. Cover with plastic wrap pressed directly on the pudding surface, and refrigerate overnight to soften the cookies.
5. Position a rack in the upper third of the oven, and preheat to 350 degrees F. Bring the egg whites to room temperature. Beat the egg whites and cream of tartar in the bowl of a stand mixer fitted with a whisk attachment on medium speed until frothy. Increase the speed to medium-high, and slowly sprinkle in the remaining 1/2 cup sugar a tablespoon at a time, whipping for 15 seconds after each addition, until glossy firm peaks form. Spread the meringue on top of the pudding with an offset spatula so it reaches the edges of the pan. Bake until golden brown, 12 to 15 minutes. Serve warm or chilled.



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