

HAPPENINGS



**PETER BRESSI
NORTHEAST
SENIOR CENTER
4744 FRANKFORD AVENUE
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.

JULY 2022



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The Glorious Fourth

by Lenore Hetrick

In seventeen hundred seventy-six
A mighty document was born!
Around the table our forefathers
Gathered on that famous morn.
There before them lay the paper
With its words of lasting fame.
The Declaration of Independence!
Oh glorious Fourth of glorious name!

One by one our bold forefathers
Took the pen in hand to sign.
On that fine historic paper
All the names fell into line.
Fame eternal to the signers
Will be ever their reward!
On that eminent Fourth of old
They took a stand so bold.

Triumphant in our history,
And distinguished to the waiting world.
A new nation to the stars
And stripes the splendid flag unfurled.
In seventeen hundred seventy-six
Upon a day we love to praise,
The first heroic Fourth arrived –
And since, it's been our day of days!



From the Director



July 2022,

Dear Members,

I'm so excited to officially be in the grips of the summer season and for all that July has in store for us. I'm not sure if we can top our Juneteenth/Father's Day BBQ, but we're always going to try to make each month even more exciting than the one before. Speaking of, I really want to thank you all for coming out to the event and I'm so glad the weather was perfect and that we had the opportunity to have a wonderful time out in our courtyard area (plus Rodney gets lonely when he's grilling all alone when the weather isn't great and we're forced to have the summer parties inside).

We hope everyone comes out on the first as we'll be ringing in Independence Day weekend with soft pretzels, water ice, and lots of fun activities and surprises. Although Kristin and Nichet have the audacity to both take vacations this month, we'll still truck on somehow, some way. Maybe we'll just try to have extra fun so we can rub in it when they return.

We're going to start handing out the fruit and produce vouchers to our members on the July 6th and the 8th from 10:00am – 11:00am. Please let your friends, families, and neighbors know that we'll be handing the vouchers to non-members on July 11th, 14th, 18th, and the 21st from 12:30-3:00pm. There is a copy of our voucher flyer included with the newsletter. We're all so glad that we're able to have seniors come in to pick them up this year because it gives us a great opportunity to show off our center and recruit new members.

Please let us know what trips you would like to go in July. Just keep in mind that Karen will need to put in the ride requests a full week prior to the date that you would like to go. If there are any special activities that you would like to see run during the month, please let us know so we can make it happen.

We thank you in advance for spreading the word to your friends and family about all we have going on at the center. And don't forget, we have our \$5 refer a friend bonus in effect, so it's just a little extra motivation but really just our way of saying thank you for helping us keep the center alive and flourishing throughout the community and beyond.

I look forward to spending an amazing summer together!

Sincerely,

Jim



Program Coordinator



Hello July! I am so happy to be full swing into summer, but dreading the extremely hot weather that comes with it. Make sure you're drinking lots of water and staying as cool as possible during this time. I hope you had just as much fun as I did during the month of June with all of the activities. During the month of June we had a variety of sponsored activities, and nutritional presentations such as: Healthy Trivia with Donna Wheeler from Cigna, a variety of sponsored bingos, a healthy eating presentation with Divine Resources, and a heat exposure presentation that was presented by Niche't. I hope you learned some things from those presentations because I know I did! There was lots of beneficial information for your overall health and wellbeing. We also had our regularly scheduled activities like bingo, game shows, chair aerobics, and our spa day to appreciate the ladies! I thought the spa day was a huge success, and I would love to do it again at some point in the coming months. I will keep you updated on that. Furthermore, we held our Juneteenth, Father's Day, and 4th of July Barbecue in the back yard! I hope you enjoyed eating, dancing, and talking to your friends! I had so much fun that day, and I hope you did too. This upcoming month we have a ton of sponsored activities planned as well as a 4th of July giveaway. We will have a luncheon with Echo on July 6th, a sponsored bingo with Oak Street Health on July 8th and July 22nd. Donna Wheeler from Cigna will be back for more trivia on July 11th, Tina from Humana will hold an ice cream social at the center on July 15th, and Dawn from health aid pharmacy is a pharmacist who will be doing a presentation on July 27th. Make sure you come out for some information about your medicine and join us for all of the sponsored activities! We will continue our regularly scheduled activities like bingo, chair aerobics, and our game shows. As always if you have any questions, comments, or concerns please do not hesitate to reach out. I love hearing your thoughts and ideas! Summer is already flying by so I want to make it the best one yet! I wish you all a very happy, safe, and healthy July!

Sincerely,

Kristin Green



A Note From Nichet



Greetings everyone and welcome to July! I imagine this month is going to be nothing short of amazing! We have a lot of activities and events planned for you, all which makes me feel happy and super excited! This month we will have our ice cream social, our Peter Bressi Day Luncheon, sponsored Bingo games, another Health and Nutrition Presentation, and much more. I really can't wait and I know it's going to be awesome! I want to thank you all for participating in all the wonderful activities we held last month. Our Spa day, our beat the summer heat activity, the Juneteenth barbeque, and our Trivia Sessions were all a lot of fun. I hope you enjoyed them as much as we enjoyed running them.

I want to remind everyone that we have our Senior Framers Market Nutrition Program Vouchers to hand out this month. You have to be sixty years old and a Philadelphia resident to be eligible for one so please don't forget to bring your ID's on the days that we issue them. Each person will receive 24 dollars for fruits and vegetables. Also, if anyone needs an emergency fund request, please feel free to contact me or come to my office if you are here at the center. We offer help with utility bills, individual and group counseling, senior housing information, Medicare and Medicaid information, and welfare, SNAP, and medical Assistance information.

Please continue to practice self-care on a daily basis. As we all know, self-care is the most important thing we could give ourselves. It's very important to take care of yourself as often as you possibly can. If that means exercising more, eating more fruits and vegetables, drinking more water, going to get a manicure or pedicure, creating spa days for yourself, reading a book that relaxes you, or just staying engrossed in a healthy hobby, that's all really great stuff that will bring additional joy to your lives. So please remember that you always matter, so make sure to be good to yourself.

Fun Facts:

Studies show that physical activity can slow the elder aging process.

More than 15 million older adults are formally recognized volunteers, with nearly half of those being seniors or servicing seniors volunteer in some capacity.

Older adults aged 85 and up are the fastest growing age group in the country.

Beautiful Quotes

"Dwell on the Beauty of life. Watch the stars. And see yourself running with them"
— Marcus Aurelius

"What lies behind us and what lies before us are tiny matters compared to what lies within us"
— Ralph Waldo Emerson

"If you cannot do great things do small things in a great way"
— Napoleon Hill

"You only live once, but if you do it right, once is enough"
— Mae West



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



Bingo, Board games and Computers

Exercise Equipment and Pool Table Upstairs





HISTORY OF JULY

The seventh month of the Gregorian year is named in honor of Julius Caesar. In 63 B.C. Caesar had been elected Pontifex Maximus. The calendar was 355 days long and gradually through mishandling and corruption (pontiffs allowing the calendar to lengthen to please one priest, shortening it to anger another) January slipped into fall.

JULY IS

Independent Retailer Month
National Contract Sewing Month
National Baked Bean Month
National Culinary Arts Month
National Hemp Month
National Hot Dog Month
National Fragile X Awareness Month
National Peach Month

National Blueberry Month
National Anti-Boredom Month
National Cell Phone Courtesy Month
National Grilling Month
National Horseradish Month
National Ice Cream Month
National Picnic Month
World Watercolor Month

"July: Just take me to the Ocean."

— Unknown

"I love how summer just wraps its arms around you like a warm blanket."

— Kellie Elmore

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken."

— James Dent

"It's a sure sign of summer if the chair gets up when you do."

— Walter Winchell

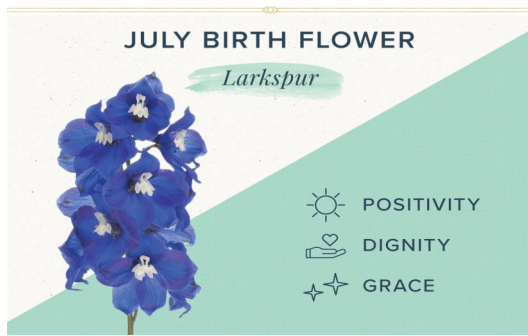




July Birthdays

Linda Thompson
Yvonne Philip
Charles Howcroft
Thi Tran (Sandy) Ngoc-Dung
Josephine McDonald
Jose Galindo

Martha Wolfolk
Pauline Randolph
David DeVoue Jr
Harry Peck
Norma Dennis
Vincent Raksnis



"The old believe everything;
the middle-aged suspect
everything; the young know
everything."

— Oscar Wilde

"Birthdays are nature's way of
telling us to eat more cake."

— Anonymous

"A diplomat is a man who
always remembers a woman's
birthday but never remembers
her age."

— Robert Frost

"Wisdom doesn't necessarily come
with age. Sometimes age just
shows up all by itself."

— Tom Wilson





Summer Safety Tips



With some precautionary steps and healthy senior personal care, everyone can enjoy the blue skies and warm weather. Below is a list of 8 things seniors can do to improve their safety during the hot summer months.

1. Drink plenty of fluids: Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated sodas and pops may taste good, but they will only further your dehydration.

2. Pick the right outfit with accessories: When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.

3. Turn on your air conditioning: Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air condition, including a friend's house, shopping mall, senior center, or movie theater.

4. Be an early bird or night owl: The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.

5. Watch for heat stroke: It is extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.

6. Check on friends and family: Use the rising temperatures as an opportunity to catch up with your neighbors and relatives, especially the elderly and those who do not have air conditioning. Plan outings together in places that have air conditioning.

7. Review your medications: Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.

8. Wear sunscreen: Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you're enjoying water activities, be sure to reapply your sunscreen frequently.



ONGOING ACTIVITIES

**PETER BRESSI
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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

Refrigerator Lime Cheesecake



INGREDIENTS

32 soft ladyfingers, split
1 envelope unflavored gelatin
1/4 cup lime juice, chilled
2 packages (8 ounces each) cream cheese, softened
1 cup sugar
6 ounces white baking chocolate, melted and cooled
2 teaspoons grated lime zest
1 cup heavy whipping cream, whipped
Fresh strawberry and lime slices, optional

DIRECTIONS

1. Arrange 20 split ladyfingers around the edges and 12 split ladyfingers on the bottom of an ungreased 8-in. springform pan; set aside. In a small saucepan, sprinkle gelatin over cold lime juice; let stand for 1 minute. Heat over low heat, stirring until gelatin is completely dissolved; cool.
2. Meanwhile, beat cream cheese and sugar until smooth. Gradually beat in melted chocolate, lime zest and gelatin mixture. Fold in whipped cream. Pour into prepared pan. Cover and refrigerate until set, about 3 hours. Remove sides of pan. If desired, serve with strawberry and lime slices.

Nutrition Facts

1 slice: 408 calories, 25g fat (16g saturated fat), 100mg cholesterol, 267mg sodium, 42g carbohydrate (35g sugars, 0 fiber), 6g protein.



TUMMY TREASURE



Summer Macaroni Salad

INGREDIENTS

- 1 package (16 ounces) elbow macaroni
- 1 cup reduced-fat mayonnaise
- 3 to 4 tablespoons of water or 2% milk
- 2 tablespoons sugar
- 1-1/2 teaspoons salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 small sweet yellow, orange or red pepper, finely chopped
- 1 small green pepper, finely chopped
- 1 small onion, finely chopped
- 1 celery rib, finely chopped
- 2 tablespoons minced fresh parsley

DIRECTIONS

1. Cool macaroni according to package directions. Drain rinse with cold water and drain again.
2. In a small bowl, mix mayonnaise, water, vinegar, sugar and seasons until blended. In a large bowl, combine macaroni, peppers, onion and celery. Add 1 cup dressing, toss gently to coat. Refrigerate, covered, until cold, about 2 hours. Cover and refrigerate remaining dressing to add just before serving.
3. To serve, stir in reserved dressing. Sprinkle with parsley.

NUTRITION FACTS

3/4 cup: 160 calories, 6g fat (1g saturated fat), 5mg cholesterol, 320mg sodium, 24g carbohydrate (3g sugars, 1g fiber), 4g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.



NORTHEAST SENIOR CENTER ADVISORY COUNCIL



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