



Bernice Fonteneau
Senior Wellness Center
 3531 Georgia Avenue NW
 Washington, DC 20010

(202)-727-0338

Michelle Singleton
 Director

Nellie Pate
 Administrative
 Assistant

Deborah Parker
 Fitness Director

Lan Nguyen
 Nutrition Education Director

Hours of Operation:
Monday – Friday
8:30-4:30 PM



Managed by
 Mary's Center



Supported
 by DC Office
 on Aging



www.maryscenter.org

FONTENEAU EXPRESS

Newsletter/Calendar

September 2014

*"Life is not merely to be alive,
 but to be well."*

Marcus Valerius Martia

**Fon'tastic
 Happenings**

"To improve is to change; to be perfect is to change often."

Winston Churchill

Often times as the seasons transition, we feel the need to make changes that allow us to adapt to that season. We may alter our routine to accommodate the daylight hours, adjust our attire to the temperature, or we may change our environment to reflect a particular season.

What better timing for changes at the BFSWC. As we embark on a new fiscal year here, we will be ushering in a number of changes in an effort to improve the program and, because it may seem that those changes occur often, we will bear in mind that it is because we strive to be perfect.

First and foremost, we congratulate our beloved Fitness Director, Deborah Parker, in her pursuit of her advanced degree in the area of Occupational Therapy and our cherished Nutrition Education Director, Lan Nguyen, as she prepares to welcome a new member to her family. As a result of their life changes, the continued frequency of the fitness and nutrition education classes will be supported by other instructors.

The FY2015 budget enhancement will allow for the increase in hours of operation and accessibility for working seniors and those seniors who would like to spend additional time in the senior wellness centers. This will bring about additions to the staff and some logistical changes to accommodate increased programs.

Change often brings with it, its own challenges. We will make every effort to keep those challenges to a minimum and ask for your continued support and patience with the process.

PERSON OF THE MONTH

A NEW REGULAR FEATURE TO THE FONTENEAU EXPRESS!

Lan Chi: Our 'Yummy' Nutritionist

by Bill Alexander

While she's pigeon –boned and petite, she packs a wallop as a liberated lady nutritionist from Vietnam, Oklahoma and California, USA who doesn't care if you eat bacon in the morning or chicken the night before.

"I'm not the food police," says BFSWC Center Nutritionist Lan Chi Nguyen (pronounced Lăn Chêe Wynn").

"I believe in a holistic approach to wellness that includes music, social activities, nutrition and exercise. This will allow people to better enjoy the next 20 or 30 years of life. This is my goal here at the center."

Expecting her second child this fall, Lan Chi now lives in Virginia with her husband, Joseph Nguyen, and her 17 month-old son, Jacob. She has come a long way from her 1983 birth in Saigon, South Vietnam (re-named after the fall of the city in 1975, now Ho Chi Minh City, Vietnam).

The daughter of a Vietnamese father who was a U.S. Army translator and a mother who was the daughter of a General in the South Vietnamese Army, Lan Chi, along with her older brother and sister left the Asian city in 1988 for Oklahoma City, OK where she joined a community of settled aunts and uncles. After a short stay, the family relocated to San Jose in northern California where she thrived in elementary through junior high school among a mostly Asian population.

Oklahoma City came back into the picture for high school and college when the family moved back and settled in a majority African-American area. Lan Chi graduated with a Health and Exercise Science Degree and Master's Degree in Nutrition from the University of Oklahoma

Lan Chi praises her job because of its many facets. She offers a popular piano instruction class, complete with recitals at the center and neighborhood churches. Her nutrition classes have been highlighted with recipes and demonstrations for nutritious soups, broths, assorted vegetarian dishes and beverages that can be quickly and easily put together with inexpensive, everyday ingredients.

"I'm still trying to whip up more enthusiasm for the wide choice and selections available for better nutrition," says Lan Chi.

Her classes are known for the wafting aromas that permeate the building and make the tummy go "yummy."

Lan Chi also schedules field trips to gardens, food fair events, fresh food outlets and farmer's markets, which all relates back to a common theme of being part of the community and enjoying wholesome food. Her creativity and talents are inexhaustible.

Says Lan Chi: "Part of the appeal of the job is that the center's staff are all on board with the center's mission of wellness and health. I can try nutrition programs that I think will benefit the members no matter how daring and new. I like that attitude."



*"To Market, To Market to
 buy..."* BFSWC
 members visit
 DC Farmer's Markets!



Around the Center



BFSWC members and staff participated in the ALS Ice Bucket Challenge held on Monday, August 18, 2014 at 1:00 p.m. Participants engaged in the competition as a multitude of onlookers cheered them on. It was an exciting, cheerful, energetic event, and was instrumental in raising much needed funds for the ALS Association. BFSWC members and staff challenged other Mary's Center staff, the DC Office on Aging, and family and friends to plan and implement their individual "ALS Ice Bucket challenges." What a wonderful way to have a little fun while simultaneously helping those who are afflicted with ALS.

BFSWC members experienced the culture, art and history of Native Americans during a visit to the National Museum of the American Indian.



BFSWC Members "Give Back" at Food and Friends

Falls Prevention Week September 22nd - 25th



Location/Activity Key:
 Orange—Lower Level Purple – 3rd floor
 Green - Nutrition Kitchen Pink – Gym
 Red – Sp. Event TBD Blue -Trips


**September 2014 Calendar –
Subject to Change**



MONDAY 1	TUESDAY 2 (Deborah's Out – Sub)	WEDNESDAY 3 (Deborah's Out – Sub)	THURSDAY 4	FRIDAY 5
LABOR DAY HOLIDAY Center Closed 	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events</p> <p>8:45 – 9:30 Mat Class</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Nutrition Game</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00-4:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Abs</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Nutrition Ed</p> <p>9:45 – 10:30 Chair Aerobics/Chair Stretch</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Commodity Food Package Pick-up 10:00 am – 12:00 pm</p> </div> <p>12:00 Lunch</p> <p>1:00 Presentation: 2014-15 Season Performances at Arena Stage</p> <p>2:00 Fun with Art</p> <p>3:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Chair Yoga @ Yoga Heights</p> <p>9:30 Ab-Licious Workout</p> <p>8:45 Current Events</p> <p>8:45 BP Checks</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:30 – 11:15 Aerobics Combo</p> <p>11:15 Preventing Falls: The Importance of Strength & Balance (DCOA)</p> <p>12:00 Lunch</p> <p>1:00 Office of Planning: Update on Park Rd. Dev.</p> <p>1:00 HEALing Circle</p> <p>2:00 Game Time</p> <p>2:00 Hand Dancing</p> <p>2:00 Quilting</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength</p> <p>8:45 Coffee & Conversation</p> <p>9:00 Trip to Wal-Mart</p> <p>9:30 Water Aerobics @ Takoma Rec Ctr.</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Better Balance</p> <p>3:00 Fitness Counseling & Assessments</p> <p>4:00 Planning</p>

September 2014 Calendar - Subject to Change

MONDAY 8	TUESDAY 9 <i>(Deborah's Out – Sub)</i>	WEDNESDAY 10 <i>(Deborah's Out – Sub)</i>	THURSDAY 11 <i>(Deborah's Out – Sub)</i>	FRIDAY 12 <i>(Deborah's Out)</i>
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Strength Training <i>8:45 Coffee & Conversation</i></p> <p>9:30 Piano</p> <p>9:30 “REACH” Presentation</p> <p>10:00 Fitness Counseling & Assessments</p> <p>10:00 Reiki with Ruth</p> <p>10:30 – 11:15 Chair Aerobics/Stretch</p> <p>11:15 – 12:00 Arthritis/Low Impact Aerobics</p> <p>11:30 Crochet</p> <p>11:30 Piano</p> <p>12:00 Lunch</p> <p>1:00 Walk & Talk</p> <p>1:00 Dancing for Life</p> <p>2:00 Better Balance</p> <p>2:00 Piano Recital</p> <p>2:30 The “Rec” Room</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events</p> <p>8:45 – 9:30 Mat Class (Sub)</p> <p>9:30 Nutrition Ed</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Nutrition Game</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Abs</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Nutrition Ed</p> <p>9:45 – 10:30 Chair Aerobics/Chair Stretch</p> <p>10:30 Reiki Share</p> <p>11:00 Spanish Class</p> <p>11:30 Chat with a Life Coach – Ms. Lloyd</p> <p>12:00 Lunch</p> <p>1:00 Commodity Food Registration (Appointment Only)</p> <p>2:00 Fun with Art</p> <p>3:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Chair Yoga @ Yoga Heights</p> <p>8:45 Current Events - 8:45 BP Checks</p> <p>9:00 Chat with Rev. E. Gail Anderson – “State of Education in DC”</p> <p>9:30 Nutrition Ed</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>11:30 Massage with Jada</p> <p>12:00 Lunch</p> <p>1:00 HEALing Circle</p> <p>1:00 Joy of Motion w/Tyrone</p> <p>2:00 Game Time</p> <p>2:00 Hand Dancing</p> <p>2:00 Quilting</p> <p>3:00 Nutrition/Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Conversation</p> <p>9:00 Trip to Pentagon 911 Memorial</p> <p>9:30 Water Aerobics @ Takoma Rec Ctr.</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Movie Afternoon</p> <p>4:00 Planning</p>

MONDAY 15	TUESDAY 16 <i>(Deborah's Out – Sub)</i>	WEDNESDAY 17 <i>(Deborah's Out – Sub)</i>	THURSDAY 18	FRIDAY 19
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Strength Training <i>8:45 Coffee & Conversation</i></p> <p>9:30 Piano</p> <p>10:00 Fitness Counseling & Assessments</p> <p>10:00 Reiki with Ruth</p> <p>10:30 – 11:15 Chair Aerobics/Stretch</p> <p>11:15 – 12:00 Arthritis/Low Impact Aerobics</p> <p>11:30 Crochet</p> <p>11:30 Piano</p> <p>12:00 Lunch</p> <p>1:00 Prostate Cancer Presentation</p> <p>1:00 Walk & Talk</p> <p>1:00 Dancing for Life</p> <p>2:00 Better Balance</p> <p>2:30 Piano</p> <p>2:30 The “Rec” Room</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Mat Class <i>8:45 Current Events</i></p> <p>9:30 Nutrition Ed</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>1:00 CPR and Choking Prevention Class (American Heart Family and Friends)</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Nutrition Game</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Abs</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Nutrition Ed</p> <p>9:45 – 10:30 Chair Aerobics/Chair Stretch</p> <p>11:00 Spanish Class</p> <p>12:00 Lunch</p> <p>1:00 “Ask the Doctor”</p> <p>2:00 Fun with Art</p> <p>3:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Chair Yoga @ Yoga Heights</p> <p>8:45 Current Events</p> <p>8:45 BP Checks</p> <p>10:00 am – 2:00 pm End of Summer Cookout</p>  <p>10:00 Reiki with BFSWC Practitioners</p> <p>12:00 Lunch</p> <p>1:00 Joy of Motion w/Tyrone</p> <p>2:00 Game Time</p> <p>2:00 Hand Dancing</p> <p>2:00 Quilting</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength <i>8:45 Coffee & Conversation</i></p> <p>9:00 Trip to the National Arboretum</p> <p>9:30 Water Aerobics @ Takoma Rec Ctr.</p> <p>9:30 Living Well: Chiropractic Presentation w/Free Spinal Check</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/ Low Impact Aerobics</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Better Balance</p> <p>3:00 Fitness Counseling & Assessments</p> <p>4:00 Planning</p>

September 2014 Calendar - Subject to Change

MONDAY 22	TUESDAY 23 <i>(Deborah's Out – Sub)</i>	WEDNESDAY 24 <i>(Deborah's Out – Sub)</i>	THURSDAY 25	FRIDAY 26
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Strength Training</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Piano</p> <p>10:00 Fitness Counseling & Assessments</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;">10:00 am – 2:00 pm DCOA Falls Prevention Day Free Falls Risk Screenings</p> </div> <p>10:30 – 11:15 Chair Aerobics/Stretch</p> <p>11:15 – 12:00 Arthritis/Low Impact Aerobics</p> <p>11:30 Crochet</p> <p>11:30 Piano</p> <p>12:00 Lunch</p> <p>1:00 Stress Management Presentation</p> <p>1:00 Walk & Talk</p> <p>1:00 Dancing for Life</p> <p>2:00 Better Balance</p> <p>2:30 Piano</p> <p>2:30 The "Rec" Room</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Mat Class</p> <p>8:45 Current Events</p> <p>9:30 Nutrition Ed</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Nutrition Game</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Nutrition Ed</p> <p>11:00 Spanish Class</p> <p>12:00 Lunch</p> <p style="text-align: center;">1:00</p> <p style="text-align: center;">Town Hall Meeting & 3rd Quarter Birthday Celebration</p>  <p>3:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Chair Yoga @ Yoga Heights</p> <p>9:30 Ab-Licious Workout</p>  <p>8:45 Current Events</p> <p>8:45 BP Checks</p> <p>9:00 Trip to Dutch Market & Dollar Tree</p> <p>9:30 Nutrition Ed</p> <p style="text-align: center;">10:00 am – 2:00 pm Book Sale</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:30 – 11:15 Aerobics Combo</p> <p>11:30 Massage with Jada</p> <p>12:00 Lunch</p> <p>1:00 Joy of Motion w/Tyrone</p> <p>1:00 HEALING Circle</p> <p>2:00 Hand Dancing</p> <p>2:00 Quilting</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Living Well: Anger Management Presentation</p> <p>9:30 Water Aerobics @ Takoma Rec Ctr.</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/ Low Impact Aerobics</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Better Balance</p> <p>3:00-4:00 Fitness Counseling & Assessments</p> <p>4:00 Planning</p>

MONDAY 29	TUESDAY 30 <i>(Deborah's Out – Sub)</i>
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Strength Training</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Piano</p> <p>10:00 Fitness Counseling & Assessments</p> <p>10:00 Reiki with Ruth</p> <p>10:30 – 11:15 Chair Aerobics/Stretch</p> <p>11:15 – 12:00 Arthritis/Low Impact Aerobics</p> <p>11:30 Crochet</p> <p>11:30 Piano</p> <p>12:00 Lunch</p> <p>1:00 Walk & Talk</p> <p>1:00 DDOE Presentation: Utility Bill Discounts and Weatherization Assistance</p> <p>1:00 "Senior Issues" Discussion & Action Group</p> <p>1:00 Dancing for Life</p> <p>2:00 Better Balance</p> <p>2:30 Piano</p> <p>2:30 The "Rec" Room</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Mat Class</p> <p>8:45 Current Events</p> <p>9:30 Nutrition Ed</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>12:45 Book Club</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Nutrition Game</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>

MEMBERS' CORNERS

BFSWC Members Enjoy Writing Experience

By Buddy Moore

The BFSWC Writing Workshop was a 6-week activity facilitated by Ms. Maxine Clair. Ms. Clair is an accomplished and award winning author, teacher and licensed spiritual coach, interested in sharing the passion and rewards of writing.

Ms. Clair was a compassionate, knowledgeable, interactive writing instructor. Her method of instruction is straightforward and she accepted what writing level the participants currently possess, she allowed the members to demonstrate their writing skills and, finally she provided oral and written explanations on how to take your writing skills to the next level.

The magnificence of this workshop was the absence of criticism of your work. There was only "positive" feedback. This workshop allowed the participants to propel their imagination to expand their writing skills while staying true to their own interests.



Hear Ye! Hear Ye! Hear Ye!

Do you ask for a senior citizen discount whenever and wherever you make a purchase? If the answer is "no", then it is time for you to ask that question every time you spend your hard earned money.

Why pay full price for an item, when simply asking the question "Do you give senior citizen discounts" may yield a 5% or 10% savings on your purchase? It has been demonstrated that most stores will eagerly give a senior citizen discount even if it is not one of their written policies.

While 5% or 10% may not appear to be very much if you are making a small purchase, it would make quite a difference on your bottom line if you are making a large purchase. Additionally, even discounts on small purchases would yield quite a savings over a long period of time.

So, the next time you are in a retail establishment, gather your items, take them to the counter and before paying for them, ask the question "Do you give senior citizen discounts?" If the answer is no, ask to speak to the manager. If the manager says "no", thank him or her, leave the merchandise there and take your business elsewhere. We must begin to use our "senior citizen monetary power" for our benefit.

The BFSWC Seasoned Citizens Advocates