



**Model Cities
Senior Wellness
Center**

Model Cities Senior Wellness Center

1901 Evarts Street, N.E.

Washington, D.C. 20018

(202) 635-1900 Phone (202) 635-1477 Fax

Hours of Operation M-F 8:00 a.m.-5:00 p.m. Sat 10am-3pm

Volume 8, Issue 7

CITIES TALK



August 2015

Newsletter and Calendar



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CENTER STAFF

Stacie Mack, Project Director x 22

Vernetta Broady, Nutrition Site Manager x 25

Monica Carroll, Community Health Specialist x 24

Chantay Long, Front Desk Registration x21

Eleese Onami, Nutritionist x 23

Linda Smith, Administrative Assistant x 26

Lanisa Haygood, Driver



Healthcare that Works • Healthcare that is Safe • Healthcare that Leaves No One Behind



Sat. August 1

10:15 Low Impact
Aerobics
11:00 Chair
Exercise
12:45 Yoga
Class
1:00 Total Body
Wellness
1:30 Weight
Training Class



Mon. August 3

8:00 Open Gym
9:15 No Pilates
9:30 Walking
10:15 Kojak Low
Impact Aerobics
10:30 No
Advanced
Spanish
11:00 Chair
Exercise
11:00 Barber
11:30 Enhance
Fitness
Chair Exercise
11:15 No Beginners
or Advance
Spanish
1:00 Quilting
1:00 Pinochle
1:00 Nutrition
Bingo
1:30 No Hula
Dance
2:00 Board Games
5:30 Cardio
Interval Exercise

Tues. August 4

8:00 Open Gym
9:30 No Sign
Language
9:30 Yoga
10:00 Computer
Class
Beginners
And Advanced
10:20 Chair
10:45 Nutrition
Class
FDA and Trans
Fat Part 1
10:20 Chair
Exercise
11:00 Barber
12:00 Bowling

12:30 No Line
Dances
(Beginners) or
Advance
1:00 Beginners
Ballet and Dance
Co. Class
3:30 Weight
Training

Wed. August 5

8:00 Open Gym
9:30 Walking
10:00 Choir
Rehearsal
10:00 Enhance
Fitness
Chair Exercise
10:15 No Circuit
Training
11:00 No Chair
Exercise
11:00 Town Hall
Meeting 
1:00 Kojak Low
Impact
1:00 Pinochle
1:00 Nutrition Bingo
2:00 Board Games
2:00 Afro Jazz
3:30 Weight Training
5:30 Cardio-Interval
Exercise Class

Thurs. August 6

8:00 Open Gym
9:30 Inspirational
Hour
Elder Odessa Harris
9:30 Yoga
10:00 Golf
10:00 Computer Class
Beginners & Advance
10:20 Chair Exercise
10:45 Nutrition Class
Trader Joes

12:00 Kojak Low
Impact Aerobics
1:00 Beginners
Ballet and Dance Co.
Class
1:00 Chronic Disease
Class
2:00 Board Games
3:30 Weight Training

Fri. August 7

8:00 Open Gym
9:30 Walking
9:15 No Pilates
10:00 No Piano
Class
10:15 Zumba Gold
10:45 Walmart

11:00 Chair Exercise
11:30 Enhance
Fitness
Chair Exercise
1:00 Bingo

Sat. August 8

10:15 Low Impact
Aerobics
11:00 Chair
Exercise
12:00 Stretch
Class
1:00 Total Body
Wellness
1:30 Weight
Training Class

Mon. August 10	Tues. August 11	Wed. August 12	Thurs. August 13	Fri. August 14	Sat. August 15
<p>8:00 Open Gym 9:15 No Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Chair Exercise 11:00 Barber 11:30 Enhance Fitness Chair Exercise 11:15 No Beginners or Advance Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 No Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:30 No Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise 10:45 Nutrition Class FDA and Trans Fat Part 2 11:00 Barber 11:30 Massage 12:00 Bowling</p>  <p>12:30 No Line Dances (Beginners) or Advance 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 2:00 Afro Jazz 3:30 Weight Training 5:30 Cardio- Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class Food Safety Shopping List 12:00 Kojak Low Impact Aerobics 1:00 Chronic Disease Class 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 9:15 No Pilates 10:00 No Piano Class 10:15 Zumba Gold 10:15 On Broadway Play at Woodrow Wilson Sr. High School Donation \$7.00</p>  <p>11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Bingo</p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Yoga Class 1:00 Total Body Wellness 1:30 Weight Training Class</p>
Mon. August 17	Tues. August 18	Wed. August 19	Thurs. August 20	Fri. August 21	Sat. August 22
<p>8:00 Open Gym 9:15 No Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Barber 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:15 No Beginners or Advance Spanish 1:00 Breast Cancer Initiative, Courtney William 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 No Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:30 No Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise 10:45 Nutrition Class The Dash Diet 11:00 Barber 11:30 No Massage 12:00 Bowling</p>  <p>12:30 No Line Dances (Beginners) or Advance 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:15 Circuit Training 10:30 National Postal Museum</p>  <p>11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 1:00 AARP Display Table 2:00 Board Games 2:00 Afro Jazz 3:30 Weight Training 5:30 Cardio- Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class Food Safety 12:00 Kojak Low Impact Aerobics 1:00 Chronic Disease Class 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 9:30 No Pilates 10:00 No Piano Class 10:30 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Bingo</p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:00 Stretch Class 1:00 Total Body Wellness 1:30 Weight Training Class</p>

Mon. August 24	Tues. August 25	Wed. August 26	Thurs. August 27	Fri. August 28	Sat. August 29
8:00 Open Gym 9:15 No Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Barber 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:15 No Beginners or Advance Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 No Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 9:30 No Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise 10:45 Nutrition Class The Dash Diet Part 2 11:00 Barber 11:30 Massage 12:00 Bowling  12:30 No Line Dances Class (Beginners) or Advance 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training	8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 2:00 Afro Jazz 3:30 Weight Training 5:30 Cardio- Interval Exercise Class	8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class Older Adults And Food Safety 12:00 Kojak Low Impact Aerobics 1:00 Chronic Disease Class 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking 9:15 No Pilates 10:00 No Piano Class 10:15 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Bingo <i>5:30-8:30 p.m.</i> <i>Happy Hour</i> <i>Donation \$8.00</i> <i>Light buffet,</i> <i>Non-Alcoholic drinks</i> <i>Music by DJ. Tyzer</i>	10:15 Low Impact Aerobics 11:00 Chair Exercise 12:00 Stretch Class 1:00 Total Body Wellness 1:30 Weight Training Class

Health Observances For August

- Cataract Awareness Month
- Health Safety Month
- Catfish
- Peach Month
- Clown Week August 1-7
- Water Quality Month
- Eye Exam Month
- Watermelon Month



RECIPES TO TRY!!

Curried Chicken Salad with Apples

Total	5 mins
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Ingredients

- 8 oz. cooked chicken breasts - cubed
- 4 celery stalks - minced
- 1 apple - diced
- ½ cup plain low fat yogurt
- 1 tablespoon curry powder
- 1 tablespoon lemon juice
- ½ teaspoon Ms. Dash

Preparation

1. In a medium bowl, whisk together yogurt, curry powder, lemon juice and Ms. Dash
2. Stir in chicken, celery and apple. Check for seasoning and adjust accordingly

Nutrition Information

Serving size: ¾ cup Calories: 141 Fat: 2.5 g Saturated fat: .7 g Unsaturated fat: 1.8 g Trans fat: 0
 Carbohydrates: 9.9 g Sugar: 5.9 g Sodium: 297 mg Fiber: 2.2 g Protein: 19.2 g Cholesterol: 49 mg

Ask The Director:



Stacie Thweatt, Project Director

Hello Ladies and Gentleman,

The Weather has been extremely hot and humid. Please drink plenty of water and wear cool cotton clothing. Check on your family and neighbors who may not have air conditioning. Model Cities is a cooling center open Mondays and Wednesdays from 8:00am to 6:30pm, Tuesdays, Thursdays and Fridays from 8:00am to 5:00pm.

We would like to congratulate Wendy Bridges, Ms. Senior DC 2015 and thank our reigning Queen Ms. Toni Jackson for her hard work and dedication representing the seniors of the District of Columbia in 2014. Please join us in October 19-23, 2015 as we travel with our Queen to the Resort Hotel in Atlantic City as a contestant in the Ms. Senior America Pageant. See Monica for more information.

Sign Language, Line Dancing and Spanish Classes will resume in September 2015. Please participate in the Town Hall meeting on the first Wednesday of each month at 11:00am in the Multi-Purpose Room for changes within the calendar.

There is a (6) six weeks free Chronic Disease session "Living with Chronic Conditions" presented this month at Model Cities. You must sign up in advance and continue the session for the entire time. They will discuss the following topics:

- Dealing with fatigue and pain
- Manage your system effectively
- Communicate better with your doctor
- Set and meet realistic goals

Please do not forget to update your intake forms on an annual basis as well your physician forms. If you need physician, please do not hesitate to ask someone at the front desk.

PROVIDENCE BLOOD DRIVE – AUG. 5

Sign up today to give the gift of life! The blood drive will be held on Wednesday August 5th from 9:00 am – 2:00 pm in the Ground Floor Lecture Hall. If you are interested in donating, please call 800-RED-CROSS or register online at www.redcrossblood.org and use sponsor code: **Prov Hosp DC**. Eligibility Question? Call 1-866-236-3276.

Please treat one another with respect and dignity.

Golf News

Urbane Bass is sponsoring the Model Cities Golf Tournament on Thursday, July 23, 2015. This is a scholarship tournament to help support our graduating senior high school students of the LJBGGC program that are continuing to post secondary education through our annual "scholarship Fundraising Tournament".

Overview and Facts about Depression

Most people occasionally experience feelings of sadness. It's completely normal. But when a person starts to experience emotional states such as extreme sadness and feelings of being hopeless and worthless for days or even weeks at a time, it may be an indication of a depressive disorder.

Depression is a mood disorder, meaning it affects the body, mood and thoughts. It can affect everything from a person's behavior to the way one feels about oneself to the way a person eats. About 20 million American adults are affected by depressive disorders every year. Children and teens can suffer as well.

When a person experiences five or more depressive symptoms, it's possible they are suffering from depression. If depression goes untreated, it can continue for weeks, months, or even years.

Signs and Symptoms

There are lots of signs that you or someone you know could be depressed. Symptoms of depression can be mild, moderate or severe. From mood swings to panic attacks to anxiety disorder, certain key behaviors can indicate that someone is depressed. If someone has at least five of the nine key symptoms of Depression at the same time, they are considered to have a depressive disorder. These key symptoms include:

- Agitation, restlessness, and irritability
- Increased or reduced appetite, often with weight gain or loss
- Impaired thinking, extreme difficulty concentrating or making decisions
- Fatigue and lack of energy
- Feelings of hopelessness and helplessness
- Feelings of worthlessness, excessive guilt, self-hate
- Loss of interest or pleasure in activities that were once enjoyed (including sex)
- Preoccupation with death, thoughts of suicide

Sleep disturbances (trouble sleeping or sleeping too much)

Though depression often appears as feelings of helplessness, it can also appear as anger. It's possible that a person suffering from severe depression could also show psychotic symptoms, including hallucinations or delusions.

Causes and Diagnosis

A death of a close friend. Chronic Illness. Genetics. Low-self esteem. These are just a few of the many things that can trigger Depression. There is not an exact cause of depression, but it is mainly believed to be caused by chemical imbalances in the brain. These imbalances could be hereditary – some types of depression such as Bipolar Disorder seem to run in families.



Optimum health during the golden years!

**Model Cities Senior Wellness Center is of the Senior Services Network- supported by the D.C. Office on Aging and managed by
Happy Birthday to all born in the Month of August**

Model Cities Senior Wellness Center's Trip Policy

We welcome all Model Cities Senior Wellness Center participants and their guest to join us for activities and outings. Registration for all events is honored on a first come, first served basis. When a donation is required, payment must be made when you register by mail or in person. Telephone registration for these programs will not be accepted. Cash and checks are welcome. Please make checks payable to Model Cities Senior Wellness Center.

Inclement Weather Policy

Model Cities follow the DC Government inclement weather policy. When the administrative offices are open two hours late, Model Cities will open for business at 10:00am. Please listen to the weather stations and watch your local television channels for the weather updates for closures.

MEMBERSHIP IS FREE

To all District of Columbia residents who are 60 years of age and older.

Donations are accepted.

Program Highlights



- Friday, September 4, 2015 **Pre- Labor Day Cookout** 12:00pm For donation see Monica Carroll or Dee Powers deadline for signing up is Thursday, August 27, 2015
- Wednesday, September 9, 2015 **Chop Tank River Boat Dinner Cruise** 8:30am. All You can eat Crab Feast, Crab soup, Fried chicken, Clam Strips and more. 3 hour cruise. Donation \$90.00 for more information call Monica Carroll or Dee Powers 202 635-1900 x24 Deposit of \$55.00 is due by Friday, August 7, 2015 Final Payment of \$35.00 due by Thursday, September 4, 2015
- Monday-Friday, October 19-23, 2015 **Senior America Pageant, Resort Hotel, Atlantic City** 9:00am more information see Monica Carroll or Dee Powers call (202) 635-1900 x24 donation for Single room \$442.00 Double \$265.00 the price included \$45.00 Rebate (4) \$20.00 meal credits and Ticket to a casino show is available. deposit of \$100.00 is due by Friday, July 24, 2015 all monies Due Thursday, September 10, 2015 for Ticket \$60.00

NATIONAL DO NOT CALL REGISTRY 1-888-382-1222