



# Hayes Senior Wellness Center



## Fall 2014 Newsletter

*Extended Hours \* More Activities \* More Center Time*

*New Hours  
As of October 1, 2014*

*Mon Wed Fri  
8:30 4:30*

*Tues Thurs  
7:30-6:30*

*Sat 8:00-2:00*

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### STAFF

*Pauline Kaboré, MPH  
Center Director*

*Sherrell Briscoe  
Administrative Assistant*

*William Yates  
Fitness Coordinator*

*Jeanette Swinton  
Lunch Program Manager  
SRA*

*500 K St. NE  
Washington, DC 20002  
202-727-0357*

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A special note of thanks to Dr. John Thompson, Executive Director, DCOA, and his team for their successful efforts in acquiring more funds to operate the senior wellness centers.

THANK YOU, DCOA!

### *Getting Started*

The new fiscal year promises to be full of wonderful opportunities for improved health. Take advantage of our nutrition awareness sessions every Monday from 1-2:30. Schedule individual nutrition counseling from our certified nutritionist and Howard University faculty member, Dr. Ntekim.

Enjoy 8 additional hours of massage therapy! Yes, Mr. Jackson will be here helping you to relax and unwind every Thursday from 10-2.

Experience the health benefits of eating more fruits and vegetables by signing-up for the lunch program and enjoying the salad bar.

Be more tech savvy by attending Ms. Green's computer classes from 9-12 and 1-2 on Mondays and Thursdays and from 1-2 on Saturdays.

Stay one step ahead of your doctor by having your blood pressure checked weekly by the graduate nursing students of Howard University School of Nursing. They will check your blood pressure and tell you how to avoid, recognize and manage health conditions common to senior populations.

### *Upcoming Health Promotion Lectures*

- *Medicaid & Medicare 10/14*
- *New Trends in Grand Parenting 10/17*
- *Peripheral Artery Disease 10/29*



## Take a Book or Two Home, For Keeps!

Visit the computer lab and help yourself to books donated from the public library. We even have some Spanish titles. It's yours to keep!



## Join our Arts and Crafts Class! Be Creative and Exercise Your Brain.

Crocheting, jewelry making, using the computer mouse, are all part of the eye hand coordination brain exercise series that studies say may delay the signs of mental aging. These ladies are well on their way.



*Bernice Oden, Instructor & Barbara Bryant*

*Hazel Charity, Amanda McDuffie, Jocelyn Lancaster & Barbara Bryant*

## Celebrating Two Years of Service to the Community

*As we approach our second anniversary, we at the Hayes Senior Wellness Center, are thankful for the opportunity to serve the seniors of Ward 6 and the larger District of Columbia senior community. Our enrollment continues to grow to nearly four hundred members in two years. Our programs are designed to brighten the golden years, and to help members remain healthy, strong, informed, and in their homes. We look forward to the upcoming year, with our expanded hours of service, and trust that all who wish to visit the wellness center will have the opportunity to do so.*

*Thank you, Ward 6, for making our center a success! We celebrate on Friday, October 3<sup>rd</sup>.*

*Pauline Kaboré, MPH  
Center Director  
October 1, 2014*

