



MODEL CITIES

Senior Wellness Center

Calendar & Newsletter

1901 Evarts Street, N.E. | Washington, DC 20018 | www.provhosp.org | Ph: (202) 635-1900 | Fax: (202) 635-1477
Hours of Operation: Monday-Friday 8:00am-5:00pm

December 2017
Volume 1 ▪ Issue 12

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Model Cities Seniors wishing everyone a safe and Happy, Healthy, Holiday.

Nutritionist Corner
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Jandel Benjamin



Calendar of Events...

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Art Expression 1:00 Bingo
4 8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Redskin Monday 1:00 Winter Ready DC 1:00 Quilting 1:00 Pinochle 2:00 Board Games 5:30 Cardio Interval Exercise	5 8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 11:00 Nutrition Class Nutrition Film Festival 12:00 Bowling 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 2:00 Advance Line Dance 3:30 Strength and Resistance	6 8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:00 Holiday Bazaar 10:00 No Regular Chair Exercise 10:00 Enhance Fitness Chair Exercise 10:15 No Circuit Training 11:00 Town Meeting 1:00 Kojak Low Impact Aerobics 1:00 Mayor Muriel Bowser Visit Model Cities Center 1:00 Pinochle 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval	7 8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/Crocheting 10:00 No Golf 10:20 Chair Exercise 10:30 The New Bible Museum Donation \$12.00 11:00 Nutrition Class Nutrition Newsbites 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 1:00 Christmas Caroling, Potomac Landing Elementary School 2:00 Board Games 2:00 -7:00pm Card Party Donation \$10.00 3:30 Strength and Resistance	8 8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 10:30 House of Ruth Visitation/The New Wharf Trip 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Art Expression 1:00 Bingo

Calendar of Events...

<p>11</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 10:45 Holiday Shopping at PG Plaza 11:00 Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Redskin Monday 1:00 Quilting 1:00 Pinochle 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>12</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 11:00 Massage 11:00 Nutrition Class Is there such a thing as a Healthy Snack? 12:00 Bowling 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p>13</p> <p>8:00 Open Gym 9:15 Mayor's Senior Holiday Luncheon at the DC Armory 9:30 No Sign Language 10:00 No Choir Rehearsal 10:00 No Chair Exercise 10:00 No Enhance Fitness Chair Exercise 10:15 No Circuit Training 1:00 No Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Exercise</p>	<p>14</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 No Golf 10:00 Knitting/Crocheting 10:20 Chair Exercise 11:00 HUH Survey 11:00 Nutrition Class Can fish oil help Keep you Young? 12:00 Kojak Low Impact Aerobics 1:00 Club Memory 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Strength and Resistance</p>	<p>15</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:15 Chair Exercise 11:30 Model Cities Holiday Party Non Benevolence Members Donation \$16.00 11:30 No Enhance Fitness Chair Exercise 1:00 Art Expression 1:00 Bingo</p>
<p>18</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 10:30 US Botanic Garden Christmas Display Trip 11:00 Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Redskin Monday 1:00 Quilting 1:00 Pinochle 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>19</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 11:00 Nutrition Class 7 Habits that really do Protect your heart 12:00 Bowling 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p>20</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:15 Enhance Fitness Chair Exercise 11:00 AARP Display Table 11:00 HUH Survey 12:45 Holiday Play 'Twas the Night Before Christmas Came 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Exercise</p>	<p>21</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/Crocheting 10:00 No Golf 10:20 Chair Exercise 11:00 Nutrition Class Blue Zone Lifestyle 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Strength and Resistance</p>	<p>22</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Art Expression 1:00 Bingo 5:30-8:30 Happy Hour Donation \$10.00 Light Buffet, Non- Alcoholic Drinks Music by DJ. Tyzer</p>

Calendar of Events...

<p>25</p> <p>Happy Holiday Center Closed</p> 	<p>26</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:30 Music Sensory 11:00 Nutrition Class Metabolic Syndrome 12:00 Bowling 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p>27</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:15 Enhance Fitness 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Exercise</p>	<p>28</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 No Golf 10:00 Knitting/Crocheting 10:20 Chair Exercise 11:00 Nutrition Class The Healing Garden 12:00 Kojak Low Impact Aerobics 1:00 Club Memory 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Strength and Resistance</p>	<p>29</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Art Expression 1:00 Bingo</p> <hr/> <p style="text-align: center;"> Monday, January 1, 2018 The Center is Closed Happy New Year </p> 
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Upcoming Events...

- **Director's Birthday Luncheon, The Mastro's Steak House** –Friday, January 12, 2018
10:45 am Donation \$30.00 all monies in by Monday, January 4, 2018 see Monica Carroll or Rubell Bing for information.
- **Amazing Grace Play at the Bible Museum in the World Stage Theatre-** Saturday, January 6, 2018 1:00pm. Orchestra seats donation \$93.00 all monies due by Friday, December 22, 2017 see Monica Carroll or Dee Powers
- **Alvin Ailey-Kennedy Center-** Saturday February 10, 2018 12:00pm. Donation \$90.00 with transportation deposit of \$20.00 is due by Friday, December 19, 2017 See Monica Carroll for sign up all monies due by Monday, January 15, 2018

Nutritionist Corner & Health Observances



Jandel Benjamin, Nutritionist

Health Observances for December

- Drunk and Drugged Driving Prevention Month
- Handwashing Awareness Week (4th-10th)
- National Book Month
- National Influenza Vaccination Week (4th -12th)
- Safe Toys and Gifts Month
- Stress-Free Family Holiday Month
- World AIDS Day (1st)

Half of U.S. Adults have high blood pressure under the new American Heart Association(AHA) guidelines.

For 14 years the high blood pressure was defined as 140/80. AHA states that because research identified complications occurring in readings of lower than previously thought and therefore redefined the guideline. The new guideline released Monday November 13 by the AHA is 130/80. This new systolic and diastolic reading is now considered High Blood Pressure (Hypertension) Stage 1 and may need medication. Normal reading continues to be 120/80.

It is advised by the American Heart Association to incorporate the DASH diet in your daily regimen. DASH is an acronym for Dietary Approaches to Stop Hypertension. The DASH requires no more than 2,300mg of sodium per day. AHA requirement is 1,500 which is significantly lower.

Whichever you choose to follow remember to read your labels and decrease or eliminate high sodium foods such as tomatoes and celery.

Health News . . .

We do important work here at Cornerstone Hospice, often under the pressure of time constraints or urgent situations. Whether in the field or in the office, we are all the kind of people who are conscientious, dedicated and responsible, or we wouldn't have chosen careers in this particular organization. Because we care so much, we often feel stressed.



Here are some tips for *reducing your stress in 5 minutes or less*, and they actually work!

1. **Deep Breathing:** Sit up straight and close your eyes. Slowly inhale through your nose and envision the air you are breathing in as crystal clear and cool. As you slowly exhale, imagine the air going out as dark and hot. Slowly repeat the process until all of the dark air has left your body and you are filled with only cool, crystal clear air. Open your eyes and make a fresh start on the task at hand.
2. **Be Present:** Focus only on the single task before you at that very moment. Remove the constant background thoughts from your mind: the 50 other tasks you have to do at work that day, what you are going to fix for dinner, whether you remembered to let the dog out before you left for work, the oil change light that's been on in your car for weeks, and so on. Focus your full attention on the task at hand and put everything else out of your mind. You can only tackle one thing at a time, so there is no sense in focusing on more than that one thing at a time. You will instantly feel less overwhelmed.
3. **Tune in to Your Body:** Close your eyes and imagine all the pores on your body as tightly closed, holding the pressure of stress inside with no means of escape. Now imagine that your pores are slowly opening up, releasing the interior stress, slowly at first but then faster as your pores fully open until, finally, all your stress is released and you are perfectly balanced inside and outside. Take a few moments to experience this balance before opening your eyes and returning to your work.
4. **Listen to Your Thoughts:** Pay attention to what you're saying to yourself. Self-talk like "I'll never get all this done", "Nobody appreciates how hard I work" or "This day will never end" only serves to increase stress and anxiety, and most importantly, they are rarely true and serve no useful purpose. Change your self-talk to "I don't know how I'll get all this done, but I always do", "My hard work pays off and my contributions matter" or "I'm looking forward to getting home and relaxing tonight". Often, many of our thoughts are invisible to us, but have a tremendous effect on our stress level, for good or bad. Make your thoughts work for you, not against you

Getting in the habit of being aware of your stress level and making efforts to reduce it whenever you can. It takes practice, but the benefits are worth the effort.

Recipes You Can Use...

~Holiday Pears~



Makes 4 Servings

Ingredients:

- 1 cup fresh or thawed frozen cranberries
- 4 firm-ripe pears such as d'Anjou or Bosc (about 2 ½ lb. total)
- ½ rinsed lemon (about 2 oz. total). Thinly slice (ends discarded)
- 1 cup sugar
- 2 Tablespoons cider vinegar
- ¼ Teaspoon ground ginger
- ¼ Teaspoon ground cinnamon
- 1/8 Teaspoon ground cloves

Directions:

Sort cranberries and discard stems and any bruised or decayed fruit. Rinse and drain berries. Peel pears; cut in half and core. In a 2- to 2 1/2-quart baking dish, combine cranberries, pears, and lemon slices.

In a 1- to 2-quart pan over medium-high heat, stir sugar, vinegar, ginger, cinnamon, cloves, and 1/2 cup water until mixture boils and sugar is dissolved. Pour over fruit. Cover dish tightly with foil.

Bake in a 350° regular or convection oven until pears are tender when pierced, 45 minutes to 1 hour. Serve warm or at room temperature.

~Cherry Bomb~

INGREDIENTS

- 1 cup grenadine
- 1 liter clear citrus soda, or seltzer
- 18 maraschino cherries



Place 2 cups water in a medium saucepan, and bring to a boil over medium-high heat. Add grenadine; stir to combine. Pour mixture into two ice-cube trays. Freeze until solid, 2 hours or overnight. Fill six glasses with grenadine ice cubes. Top with soda. Garnish with cherries, and serve.

Member Info...

ABOUT MODEL CITIES

Model Cities, through a partnership between Providence and the DC Office on Aging, provide services that enhance the social, physical, and spiritual health of DC seniors free of charge.

MEMBERSHIP IS FREE

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

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 member will follow the DC Public Schools closing, if the schools open two hours late, Model Cities will be open for business at 10:00am. Please listen to the weather stations and watch your local television channels for weather up-dates for closures.

CENTER STAFF

Stacie Mack, Project Director
Vernetta Broady, Nutrition Site Manager
Monica Carroll, Community Health Specialist
Gloria Franklin-Austin, Front Desk Registration
Jandel Benjamin, Nutritionist
Linda Smith, Administrative Assistant

*Model Cities Senior Wellness Center is part of the Senior Services Network-
supported by the D.C. Office on Aging and managed by Providence Health System.*