



# 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

## February 2015

## Newsletter and Calendar

Volume 9, Issue 2

# CITIES TALK



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### CENTER STAFF

- Stacie Thweatt, Project Director x 22
- Vernetta Broady, Nutrition Site Manager x 25
- Monica Carroll, Community Health Specialist x 24
- Chantay Long, Front Desk Registration x 21
- Eleese Onami, Nutritionist x 23
- Linda Smith, Administrative Assistant x 26
- Robbie Williams, Driver



Mon. Feb. 2	Tues. Feb. 3	Wed. Feb 4	Thurs. Feb. 5	Fri. Feb. 6	Sat. Feb. 7
<p>8:00 Open <b>9:15 Pilates</b> 9:30 Walking 10:00 Piano Class 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Nutrition Bingo 1:00 Quilting 1:00 Pinochle <b>1:30 Hula Dance</b> <b>1:00 High Blood Pressure Diagnosis Prevention, Dr. Ruby Shadow</b> 2:00 Board Games 5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise <b>10:45 Nutrition Class Health Benefits Of the Avocado</b> 11:30 No Massage <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners) 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:15 No Circuit Training 10:15 Chair Exercise <b>11:00 Town Hall Meeting</b> 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Get Well Workshop for Senior, The Total Relaxation Store</b> 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 No Golf 10:20 Chair Exercise <b>10:45 Nutrition Class Food Demonstration Avocado Spread</b> 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:00 Computer Class Beginners &amp; Advance <b>1:00 Delmarva Diabetes Class</b> <b>1:30 Introduction to Bridge</b> 2:00 Board Games 3:30 Weight Training</p> 	<p>8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise <b>12:45 No In House Movie</b> 1:00 Nutrition Bingo <b>1:00 National Wear Red Day Heart Day Please wear your Red</b></p> 	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise <b>12:15 Alvin Ailey Kennedy Center Donation \$84.00 Sold Out</b></p>  <p>12:45 Stretch Class 1:00 Exercise in Bed 1:30 Weight Training Class</p>
Mon. Feb. 9	Tues. Feb. 10	Wed. Feb. 11	Thurs. Feb. 12	Fri. Feb. 13	Sat. Feb. 14
<p>8:00 Open Gym <b>9:15 Pilates</b> 9:30 Walking 10:00 Piano Class 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Nutrition Bingo <b>1:00 Stroke Prevention &amp; Awareness Dr. Ruby Shadow</b> 1:00 Quilting 1:00 Pinochle <b>1:30 Hula Dance</b> 2:00 Board Games 5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise <b>10:45 Nutrition Class 10 Heart Healthy Changes</b> <b>11:30 Massage</b> <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners) 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 <b>10:45 Wal-Mart</b></p>  <p>1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Terrific Inc. Presentation, Susan Shepard</b> 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 10:20 Chair Exercise <b>10:45 Nutrition Class 15 Foods to Void With High Blood Pressure</b> 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:00 Computer Class Beginners &amp; <b>1:00 Delmarva Diabetes Class</b> Advance <b>1:30 Introduction to Bridge</b> 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise 12:30 Light of The Ancestors <b>12:45 In House Movie</b> <b>1:00 Valentine's Day Party</b> 1:00 Nutrition Bingo</p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Stretch Class 1:00 Exercise in Bed 1:30 Weight Training Class</p>

Mon. Feb. 16	Tues. Feb. 17	Wed. Feb. 18	Thurs. Feb. 19	Fri. Feb. 20	Sat. Feb. 21
<p><b>Center Closed President's Day</b></p>	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga <b>10:00 Shove Tuesday</b> 10:00 Computer Class Beginners And Advance 10:20 Chair Exercise <b>10:45 Nutrition Class The 5 Healthiest Foods to Eat This Winter</b> <b>11:30 No Massage</b> <b>12:00 Bowling</b> 12:30 Line Dance (Beginners) 1:00 Line Dance (Advance) 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 10:00 Choir Rehearsal 10:15 Circuit Training <b>11:30 Lent Service 19th Street Baptist Church</b> 11:00 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Stress Test, Pacemakers, &amp; Blood Clots Health Awareness Dr. Ruby Shadow</b> 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 No Golf 10:20 Chair Exercise <b>10:45 Nutrition Class Market Tour</b>  12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:00 Computer Class Beginners &amp; Advance 1:00 Exercise in Bed <b>1:00 Delmarva Diabetes Class</b> <b>1:30 Introduction to Bridge</b> 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:30 Zumba Gold <b>12:45 No In House</b> 11:15 Chair Exercise 1:00 Nutrition Bingo <b>1:00 Washington Performing Arts Society</b></p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Yoga Class 1:00 Exercise in Bed 1:30 Weight Training</p>
Mon. Feb. 23	Tues. Feb. 24	Wed. Feb. 25	Thurs. Feb. 26	Fri. Feb. 27	Sat. Feb. 28
<p>8:00 Open Gym <b>9:15 Pilates</b> 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Nutrition Bingo 1:00 Quilting <b>1:00 Health Fair</b> 1:00 Pinochle <b>1:30 Hula Dance</b> 2:00 Board Games 5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advance 10:20 Chair Exercise <b>10:45 Nutrition Managing Your Cholesterol</b> <b>11:30 Massage</b> <b>12:00 Bowling</b>  12:30 Line Dance (Beginners) 1:00 Line Dance (Advance) 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 10:00 Choir Rehearsal 10:15 Circuit Training <b>10:45 Black History Program Please wear your African America Attire</b> 11:00 Chair Exercise 1:00 Kojak Low Impact Aerobic s 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Colon Cancer Awareness, Dr. Ruby Shadow</b> 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 No Golf 10:20 Chair Exercise <b>10:45 Nutrition Class Ask Questions &amp; Answers</b> 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:00 Computer Class Beginners &amp; Advance 1:00 Exercise in Bed <b>1:00 Delmarva Diabetes Class</b> <b>1:30 Introduction to Bridge</b> 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Piano Class <b>10:00 Village of Friendship Heights Gallery at the Village Center, Influence of Our Elders</b>  10:30 Zumba Gold <b>12:45 In House</b> 11:15 Chair Exercise 1:00 Nutrition Bingo</p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Stretch Class 1:00 Exercise in Bed 1:30 Weight Training</p>



## The potential health benefits of dark chocolate



### Chocolate may lower cholesterol levels

Chocolate consumption may help reduce LDL cholesterol levels.

### Chocolate may prevent memory decline

Scientists at Harvard Medical School suggest that **drinking two cups of hot chocolate a day may help keep the brain healthy** and prevent memory decline in older people. The researchers said that hot chocolate can help preserve blood flow in working areas of the brain

### Chocolate may reduce heart disease risk

Research published in the *BMJ (British Medical Journal)* has suggested that consuming chocolate could help lower the risk of developing **heart disease** by one third.

### Chocolate may prevent stroke

Canadian scientists carried out a study involving 44,489 people and found that **people eating chocolate were 22 per cent less likely to suffer a stroke** than those who didn't. In addition, those who had a **stroke** but regularly consumed chocolate were 46 percent less likely to die as a result.

Read the entire article: <http://www.medicalnewstoday.com/articles/270272.php>

## Health Observances For February

- **African American History**
- **AMD/Low Vision Awareness Month**
- **American Heart Month**
- **Burn Awareness Week (US National)**
- **Cardiac Rehabilitation Week (2nd week)**
- **Chocolate Month**
- **Dental Month**
- **Embroidery Month**
- **National Black HIV/AIDS Awareness Day 2/7**
- **National Donor Day 2/14**
- **National Eating Disorder Program Screening Day 2/22-28**
- **National Wear Red Day 2/6**
- **Snack Food Month**
- **Sinus Pain Awareness Month**
- **Wise Health Consumer Month**
- **Womens Heart Week (1st week) 1-6**

## RECIPES TO TRY!!



1 cup chilled heavy whipping cream, divided  
 1 teaspoon plus 2 tablespoons sugar  
 2 cups whole milk

### PEPPERMINT HOT CHOCOLATE

Servings 4

#### INGREDIENTS

4 ounces bittersweet (preferably 60% cocoa) chocolate, coarsely chopped  
 1/4 teaspoon peppermint extract  
 4 small candy canes (for garnish)

#### Directions

Beat 1/2 cup cream and 1 teaspoon sugar in bowl until soft peaks form. Cover; chill. Whisk 1/2 cup cream, 2 tablespoons sugar, and milk in medium saucepan over medium-high heat; bring to boil. Remove from heat. Add chocolate; whisk until smooth. Whisk in extract. Divide chocolate among mugs. Top with cream and garnish with candy canes



### CHOCOLATE-COVERED STRAWBERRIES

Prep time 20 minutes  
 Inactive 30 minutes  
 Ready in: 50 minutes  
 Servings 1 pound

#### INGREDIENTS

6 ounces semisweet chocolate, chopped  
 3 ounces white chocolate, chopped

1 pound strawberries with stems (about 20), washed and dried very well

#### Directions

Put the semisweet and white chocolates into 2 separate heatproof medium bowls. Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted.)

Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on the parchment paper. Repeat with the rest of the strawberries. Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries. Set the strawberries aside until the chocolate sets, about 30 minutes.

## Ask The Director:



**Stacie Thweatt, Project Director**

Hello Ladies and Gentleman,

Let me start off by saying this is a new year of great things to happen. If you haven't joined the participants in the Total Body Wellness Weight Loss or the Exercise in Bed program with Mrs. Johnson, you are missing out on some fabulous information. The testimonies expressed from losing weight, to reducing medication, less aches and pains and just moving about more freely. In order to experience the same healthy habits join Model Cities every Thursday at 1:00 in the Nutrition Classroom.

We welcome all DC Residents 60 years of age and older.

Please update your intake and physician forms on an annual basis.

Don't forget to take a look at the Code of Conduct policy developed by the DC Office on Aging on the table in the lobby.

Please complete an updated application and a physician form if you have not done so this year. Check with Linda Smith for your intake form and Monica Carroll for your physician forms.

The front desk will assist you and make this process as easy as possible.

The Center is open on Saturdays from 10:00am to 3:00pm. If the news forecast snow or sleet, the Center will be closed.

Be careful of scams. If someone stops you and ask if you're interested in some perfume and gives you a paper to smell, PLEASE DON'T!!!!!!

It's a scam, the paper is laced with drugs. You'll pass out, so they can kidnap, rob or do something worse to you.

Watch your surroundings.

Let's continue to be respectful of one another and make everyone feel warm and welcome to our program. If anyone should need assistance please stop by and see the Director or one of the staff members. We will be happy to accommodate you.

## TAKE STEPS TODAY TO LOWER YOUR RISK FOR HEART DISEASE

### ***Know your numbers***

High blood pressure and high cholesterol can cause heart disease and heart attack.

#### ***Get your cholesterol checked.***

Men need to get their cholesterol checked at least once every 5 years. Women at risk for heart disease need to get their cholesterol checked once every 5 years. [Talk with your doctor about getting your cholesterol checked.](#)

#### ***Get your blood pressure checked.***

Starting at age 18, [get your blood pressure checked](#) at least once every 2 years. High blood pressure has no signs or symptoms. [Use the myhealthfinder tool](#) to get more screening recommendations based on your age and sex.

#### **Know your family's health history.**

Your family history affects your risk for heart disease. [Use this family health history tool](#) to keep track of your family's health. Share this information with your doctor or nurse.

If you are worried about a family member's risk for heart disease, [use these tips to start a conversation about heart health.](#)

#### **Quit smoking.**

[Quitting smoking](#) helps lower your risk of having a heart attack. Call 1-QUIT-NOW (1-800-784-8669) for free support and to set up your plan for quitting.

#### **Talk with your doctor about taking aspirin every day.**

Daily aspirin can reduce your risk of heart attack or stroke by preventing blood clots. A blood clot can cause a heart attack or stroke if it blocks the flow of blood to your heart or brain.

Aspirin is not recommended for everyone. [Talk with your doctor to find out if taking aspirin is the right choice for you.](#)

#### **Eat healthy.**

[Eating healthy](#) can help lower your risk of heart disease. A heart-healthy diet includes foods that are low in cholesterol, saturated and *trans* fats, sugar, and sodium (salt).

Heart-healthy items include high-fiber foods (whole grains, fruits, and vegetables) and certain fats (like the fats in olive oil and fish). [Use this shopping list to find heart-healthy foods.](#)

Check out heart-healthy recipe collections (Check the February Recipe folder)

#### **Watch your weight.**

Take steps to [watch your weight](#). Extra weight can lead to high cholesterol, high blood pressure, and diabetes. If you are overweight or obese, **losing just 10 pounds can lower** your risk of heart disease. (Source: Healthfinder.gov)

**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 Providence Hospital Wellness Institute.**

**Happy Birthday to all born in the Month of February!!**

### **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 over**

**Donations are accepted.**



### **Program Highlights**

- **Wednesday, February 25, 2015 Black History Program 10:45 am. At Model Cities Sr. Wellness Center title: Black Inventors. Please wear your African American Attire. Anyone interested in participating in the Black History Program, please call or see Monica Carroll**
- **Thursday, March 5, 2015 Buddy Up Day with someone to join Model Cities for the Total Body Wellness weight loss program. Held every Thursday at 1:00pm.**
- **Saturday, March 28, 2015 Model Cities Gala 6:00pm.-10:00pm. See Monica Carroll for tickets and information donation \$40.00 colors: gold and green. It is optional**
- **Saturday, April 18, 2015 Medieval Times at Arundel Mills Circle Lunch & Show 11:30am. Donation \$55.00 for more information call Monica Carroll 202 635-1900 x24 call a \$25.00 deposit is due by Thursday, February 26, 2015 monies due by Tuesday March 31, 2015**
- **Thursday, April 23, 2015 Dallas Black Dance Company 10:15am. Donation \$8.00 see Monica Carroll all monies due by Friday, March 5, 2105**

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