

**Model Cities  
Senior Wellness  
Center**

# Model Cities Senior Wellness Center

1901 Evarts Street, N.E.

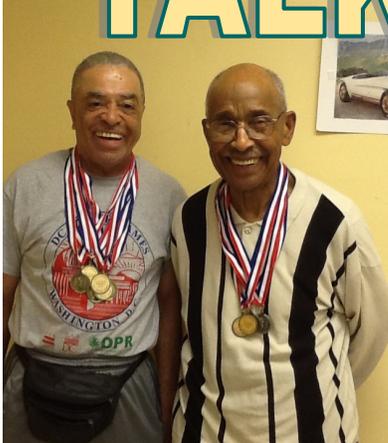
Washington, D.C. 20018

(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 6

## CITIES TALK



June 2015

## Newsletter and Calendar

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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 x21

Eleese Onami, Nutritionist x 23

Linda Smith, Administrative Assistant x 21

John H. Morgan, Driver



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

Mon. June 1	Tues. June 2	Wed. June 3	Thurs. June 4	Fri. June 5	Sat. June 6
<p>8:00 Open Gym 9:15 Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 National Safety Month</b> <b>1:30 Hula Dance</b> 2:00 Board Games 5:30 Cardio Interval Exercise</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 Watermelon Fruit of the Month</b> 11:00 Beginners Ballet and Dance Co. Class <b>11:00 Barber</b> <b>12:00 Bowling</b>  12:30 Line Dance (Beginners) 1:00 (Advance) <b>1:00 Pageant Rehearsal</b> 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 Senior Finance Fraud</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 Golf 10:00 Computer Class Beginners &amp; Advance 10:20 Chair Exercise <b>10:45 Nutrition Class Wegmans Market</b>  11:00 Beginners Ballet and Dance Co. Class 12:00 No Kojak Low Impact Aerobics <b>1:00 Pageant Rehearsal</b> <b>1:00 Brain Health, DCOA</b> 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 9:30 Pilates 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise <b>12:45 In House Movie</b> 1:00 Bingo</p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Yoga Class 1:00 Exercise in Bed <b>1:00 Total Body Wellness</b> 1:30 Weight Training Class</p>
Mon. June 8	Tues. June 9	Wed. June 10	Thurs. June 11	Fri. June 12	Sat. June 13
<p>8:00 Open Gym 9:15 Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Quilting <b>1:00 Finance Empowerment, William Richie</b> 1:00 Pinochle 1:00 Nutrition Bingo <b>1:30 Hula Dance</b> 2:00 Board Games 5:30 Cardio Interval Exercise</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 Exploring Teas</b> 11:00 Beginners Ballet and Dance Co. Class <b>11:00 Massage</b> <b>12:00 Bowling</b>  12:30 Line Dance (Beginners) 1:00 (Advance) <b>1:00 Pageant Rehearsal</b> 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 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Model Cities Health Survey Results Discussion &amp; Action Plan 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 <b>9:30 Senior Fest Oxon Run Park</b>  10:00 Golf 10:00 Computer Class Beginners &amp; Advance 10:20 Chair Exercise <b>10:45 No Nutrition Class</b> 11:00 Beginners Ballet and Dance Co. Class 12:00 No Kojak Low Impact Aerobics <b>1:00 World Sickle Cell Day</b> <b>1:00 Pageant Rehearsal</b> 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 9:30 Pilates 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise <b>12:45 In House Movie</b> 1:00 Bingo</p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Stretch Class 1:00 Exercise in Bed <b>1:00 Total Body Wellness</b> 1:30 Weight Training Class</p>

Mon. June 15	Tues. June 16	Wed. June 17	Thurs. June 18	Fri. June 19	Sat. June 20
<p>8:00 Open Gym 9:15 Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Men's Health Week</b> <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</b> <b>Secrets to a Seriously Tasty Salad</b> <b>11:00 Barber</b> <b>11:00 Massage</b> 1:00 Beginners Ballet and Dance Co. Class <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners) 1:00 (Advance) <b>1:00 Pageant Rehearsal</b> 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:15 Circuit Training <b>10:45 Wal-Mart</b></p>  <p>11:00 Chair Exercise 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 National AARP Display</b> 2:00 Board Games 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 &amp; Advance 10:20 Chair Exercise <b>10:45 Nutrition Class</b> <b>Watermelon Smoothies</b> 1:00 Beginners Ballet and Dance Co. Class 12:00 No Kojak Low Impact Aerobics <b>1:00 Town Hall Meeting, Dr. John Thompson</b> <b>1:00 Pageant Rehearsal</b> 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 9:30 Pilates 10:00 Piano Class 10:45 10:30 Zumba Gold 11:15 Chair Exercise <b>12:45 No In House Movie</b> 1:00 Bingo <b>1:00 WPAS</b> <b>Derrick Richburg, Performer</b></p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Yoga Class <b>1:00 Total Body Wellness</b> 1:30 Weight Training Class</p>
Mon. June 22	Tues. June 23	Wed. June 24	Thurs. June 25	Fri. June 26	Sat. June 27
<p>8:00 Open Gym 9:15 Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle <b>1:00 Father's Day Men's Fashion Show</b> 1:00 Nutrition Bingo <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</b> <b>Healthy Cooking Demonstration</b> <b>11:00 Massage</b> 11:00 Beginners Ballet and Dance Co. Class <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners) 1:00 (Advance) <b>1:00 Pageant Rehearsal</b> 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking <b>10:00am.-2:00pm. Men's Health Fair</b></p>  <p>10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 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 <b>9:30 UDC Pageant Rehearsal</b> 10:00 Golf 10:00 Computer Class Beginners &amp; Advance 10:20 Chair Exercise <b>10:45 Nutrition Class</b>  12:00 No Kojak Low Impact Aerobics 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 9:30 Pilates 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise <b>12:45 In House Movie</b> 1:00 Bingo <b>1:00 Diabetes Rehearsal</b> <b>5:30-8:30 p.m. Happy Hour</b> <b>Donation \$8.00</b> <b>Light buffet, Non-Alcoholic drinks</b> <b>Music by DJ. Tyzer</b></p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Yoga Class <b>1:00 Total Body Wellness</b> 1:30 Weight Training Class</p> <p><b>Sun. June 28</b> <b>2:30 Senior DC Pageant at UDC Auditorium</b> <b>Donation \$20.00</b></p>

Mon. June 29	Tues. June 30	Wed. July 1	Thurs. July 2	Fri. July 3	Sat. July 4
8:00 Open Gym 9:15 Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Quilting <b>1:00 Black Music Appreciation On Live, Eric White</b> 1:00 Pinochle 1:00 Nutrition Bingo <b>1:30 Hula Dance</b> 2:00 Board Games 5:30 Cardio Interval Exercise Class	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</b> <b>Functional Beverages</b> <b>12:00 Bowling</b>  12:30 Line Dance (Beginners) 1:00 (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 No Circuit Training <b>10:15 Chair Exercise</b> <b>11:00 Town Hall Meeting</b>  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 <b>10:45 Nutrition Class</b> 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class <b>1:00 Ice Cream Social</b>  2:00 Board Games 3:30 Weight Training	<p><b>Fourth of July Center Closed</b></p> 	<p><b>Fourth of July Center Closed In Observance Of the Holiday</b></p> 

## Health Observances For June

- . Iced Tea Month
- . Headache Awareness- National
- . Men's Health Month
- . Myasthenia Gravis Awareness Month
- . Safety Month- National
- . Scleroderma Awareness-National
- . World Sickle Cell Month
- . Cancer Survivors Month-National
- . Cataract Awareness Month
- . Dairy Month
- . Drive Safety Month
- . Fresh Fruit and Vegetable Month
- . Fireworks Safety Month
- . Headache Awareness Week

## RECIPES TO TRY!!



### Watermelon-Strawberry Smoothie

**Servings:** 2

#### INGREDIENTS

2 - cups watermelon chunks  
 1 - cup whole frozen strawberries  
 1 - banana (sliced then frozen), optional

1/4 - cup almond milk  
 1 - cup crushed ice  
 honey or agave nectar, to taste

#### Directions

In a blender, add watermelon chunks, frozen strawberries, almond milk and crushed ice. Blend until smooth. Add the honey or agave syrup to taste and blend again until smooth. Serve immediately.

See more at: <http://www.mommyskitchen.net/2014/06/watermelon-strawberry-smoothie-locally.html#sthash.csNvavfR.dpuf>



### Spinach and Berry Smoothie

**Prep Time:** 10 Minutes

**Ready In:** 10 Minutes

**Servings:** 4

#### INGREDIENTS

1 cup fresh strawberries  
 1 banana  
 1 cup orange juice  
 1 cup almond milk

2 cups fresh baby spinach  
 1 cup ice  
 4 (3.5 gram) packets Truvia® natural sweetener, or more to desired level of sweetness

#### Directions

Add all ingredients into a blender. Blend on high until smooth.

<http://allrecipes.com/Recipe/Spinach-and-Berry-Smoothie-with-Truvia-Natural-Sweetener/Detail.aspx?evt19=1&referringHubId=17578>

## Ask The Director:



**Stacie Thweatt, Project Director**

Hello Ladies and Gentleman,

Congratulations to all the Model Cities Olympians: June May, Embroy Barksdale, Veronica Rodgers, Ruby Sanders, Ernest Johnson, Urbane Bass

Kudos to Providence Hospital! The hospital received the American Heart Association/American Stroke Association's Get With the Guidelines- Stroke Silver Plus Quality Achievement Award. The award recognizes commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

We will be observing Men's Health Week. On Wednesday, May 27, 2015 from 10:00am to 2:00pm, there will be a health fair. Some of our vendors will include AARP, BP/Glucose Screening, Nutrition and much more. Dr. Batipps, Urologist will present a topic on Men's Health at 1:00. We look forward to seeing all the men of Model Cities on this educational and fun day.

Scams!!! Please be aware of the people who prey on senior citizens.

If someone call you from IRS and ask you for your money or your personal information, it is a FRAUD. IRS DO NOT CALL YOU ON THE TELEPHONE!!!!!!!!!!!!!!!!!!!!!!

DO NOT GIVE OUT YOUR SOCIAL SECURITY NUMBER OVER THE PHONE.

DO NOT PAY FOR LOTTERIES OVER THE PHONE.

DO NOT GIVE YOUR BANK ACCOUNT INFORMATION TO STRANGERS OVER THE PHONE.

The weather will be getting warmer. Dress in cool clothing and drink of plenty of water.

# Hip Fractures among Older Adults

Hip fractures are serious fall injuries that often result in long-term functional impairment, nursing home admission and increased mortality. As our population ages, the number of hip fractures is likely to increase.

## How big is the problem?

- Annually, there are at least 258,000 hospital admissions for hip fractures among people aged 65 and older.
- More than 95% of hip fractures are caused by falling, most often by falling sideways onto the hip.
- From 1996 to 2010, hip fracture rates declined significantly for men and women. It is not known what factors are contributing to this trend.

By 2030, the number of hip fractures is projected to reach 289,000, an increase of 12%.

## Who is at risk?

- Women sustain three-quarters of all hip fractures.
- White women are more likely to sustain hip fractures than are African-American or Asian women.
- In both men and women, hip fracture rates increase exponentially with age. People 85 and older are 10 to 15 times more likely to sustain hip fractures than are those aged 60 to 65.
- Osteoporosis, a disease that makes bones porous, increases a person's risk of sustaining a hip fracture. The National Osteoporosis Foundation estimates that more than 10 million people over age 50 in the U.S. have osteoporosis and another 34 million are at risk for the disease.

## How can hip fractures be prevented?

- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.
- Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision. Consider getting a pair with single vision distance lenses for some activities such as walking outside.

Make their homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways, and improving the lighting in their homes.



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 June**

### 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

- Sunday, June 28, 2015 **Ms. Senior DC Pageant**, UDC Auditorium 2:30pm. For more information see Monica Carroll or call (202) 635-1900 x24 or call Stacie Thweatt x22 Donation \$20.00 all monies due Wednesday 10, 2015
- Thursday, July 9, 2015 **Senior Luncheon Cruise**, Odyssey Cruise Vessel 9:30am. For more information see Monica Carroll or call (202) 635-1900 x24 Donation TBA
- Friday, September 4, 2015 **Pre- Labor Day Cookout** for donation see Monica Carroll or Delores Power deadline for signing up is Thursday, August 27, 2015

There is a New Transportation company. Call "Transport dc " 202 645-4435 24 hours 7days a week or [transportdc@dc.gov](mailto:transportdc@dc.gov) call one hour in advance for scheduling. Only \$5.00

Chess for seniors at Woodridge Library

June 12, 19, 26, 2015

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