



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.

Volume 13, Issue 2

CITIES TALK



February 2016

Newsletter and Calendar

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

, Nutritionist x 23

Linda Smith, Administrative Assistant x 26

Lanisa Haygood, Driver






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

Mon. Feb 1	Tues. Feb. 2	Wed. Feb. 3	Thurs. Feb. 4	Fri. Feb. 5
8:00 Open Gym 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 Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise 10:45 Nutrition Class DC Central Kitchen 11:00 Barber 12:00 Bowling 12:30 Line Dances (Beginners) and Advance 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training 	8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:00 Enhance Fitness Chair Exercise 10:15 No Circuit Training 11:00 No Chair Exercise 11:00 Town Meeting  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	8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 DC. One Card 10:00 No Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Food Safety 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:15 No Pilates 9:30 Walking 10:00 Piano Class 10:00 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Heart Day, Dr. Patricia Davidson  Please wear your Red 2:00 Bingo
Sat Feb. 6				
11:45 Alvin Ailey Kennedy Center Donation \$85.00 				
Mon. Feb. 8	Tues. Feb. 9	Wed. Feb. 10	Thurs. Feb.11	Fri. Feb. 12
8:00 Open Gym 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 Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Cameo Showcase  1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Shrove Tuesday Pancake Breakfast 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise 10:45 Nutrition Class 11:00 Barber 11:30 Massage 12:00 Bowling 12:30 Line Dances (Beginners) and 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 11:20 Ash Wednesday, Lent Services 19th Street Baptist Church  11:30 Enhance Fitness 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	8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 No Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class Exchange Recipes, Bring a Recipe 1:00 Beginners Ballet and Dance Co. Class 1:00 Club Memory 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:15 No Pilates 9:30 Walking 10:00 Piano Class 10:15 Zumba Gold 10:45 Wal-Mart  11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Bingo

Mon. Feb. 15	Tues. Feb. 16	Wed. Feb. 17	Thurs. Feb. 18	Fri. Feb. 19
<p>Happy Holiday</p> <p>Center Closed In Observance of the President's Day</p> 	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise 10:45 Nutrition Class 11:00 Barber 11:30 No Massage 12:00 Bowling</p>  <p>12:30 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 11:00 SAP—Medicare Patrol Program Boots on the Ground, Darnetta Adams 11:00 AARP Display Table 11:20 Lent Services 19th Street Baptist Church  11:30 Enhance Fitness 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</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 No Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class Whole Food</p>  <p>1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:15 No Pilates 9:30 Walking 10:00 Piano Class 10:15 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:15 Bingo</p>
Mon. Feb. 22	Tues. Feb. 23	Wed. Feb. 24	Thurs. Feb. 25	Fri. Feb. 26
<p>8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Barber 11:00 Chair Exercise 11:15 No Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 United Health Care 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance 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 10:45 Nutrition Class Food Safety Tips 11:00 Barber 11:30 Massage 12:00 Bowling</p>  <p>12:30 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 10:00 No Circuit Training 10:00 Enhance Fitness Chair Exercise 10:30 Black History Program  Please wear your African American Attire 11:00 No Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 No Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class 1:00 Club Memory 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:15 No Pilates 9:30 Walking 10:00 Piano Class 10:15 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:15 Bingo 1:00 Book Club 5:30-8:30 p.m. Happy Hour Donation \$8.00 Light buffet, Non-Alcoholic drinks Music by DJ. Tyzer</p>

Mon. Feb. 29	Tues. March. 1	Wed. March. 2	Thurs March. 3	Fri. March. 4
8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 10:30 Smithsonian Anacostia Museum  11:00 Barber 11:00 Chair Exercise 11:15 No Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise 10:45 Nutrition Class 11:00 Barber 12:00 Bowling  12:30 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 10:00 No Circuit Training 10:00 Chair Exercise 10:00 Enhance Fitness Chair Exercise 11:00 Town Meeting  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	8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 No Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:15 Pilates 9:30 Walking 10:00 Piano Class 10:15 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:15 Bingo

Health Observances For February

- . African American History Month
- . AMD/Low Vision Awareness Month
- . American Heart Month
- . Burn Awareness
- . Chocolate Month
- . Congenital Heart Defect Awareness Day
- . Dental Month
- . Embroidery Month
- . Wise Health Consumer Month
- . National Black HIV/AIDS Awareness
- . National Donor Day 2/14
- . National Red Dress Day 2/5
- . Sinus Pain
- . Womens Heart Week 1-6

RECIPES TO TRY!!

Chocolate and Banana Smoothie



Ingredients

- 3/4 Cup Silk Chocolate Soy Milk
- 1 banana
- 4 Ice cubes
- 1 Tbsp. Cocoa Powder
- 2 Tbsp. Chocolate syrup
- Whipped Cream
- Sprinkles

Preparation

Place all the ingredients in the blender. Mix until completely blended!

You can substitute banana with other fruit like strawberries, etc.

Sprinkles on top optional

SENIOR ALERT: DID YOU KNOW?

Legal Counsel for the Elderly: Call 434-2120 for legal help or to volunteer

- **Senior Medicare Patrol, DC:** Call 434-2099-to report medicare fraud
- **SAFE AT HOME:** Call Home Care Partners at 202-638-0050: Up to \$10,000 GRANT for making home safe for senior living (income limits)

Avoid the Grandparent SCAM: Go to www.ncea.aoa.gov to get info on filing complaint

- **2016 Saturday Respite Program:** Call 202-341-5883 Caregivers of Alzheimer's sufferers get 4 hour break on specific Saturdays. **BENEFITS FOR LIMITED INCOME SENIORS:**

The National Council on Aging has developed a Benefits CheckUP for seniors to help get you services and support. Go to: www.Benefitscheckup.org/dcoa

YOUR OPINION COUNTS. Every column this year will have two interviews of current members in which we will

Ask The Director:



Stacie Mack, Project Director

Hello Ladies and Gentlemen!!

The Winter has definitely arrived and we weathered our first 2016 Blizzard. It is a good idea to continue stocking up on water, canned goods, flash lights and batteries. We don't want to be a part of the mad rush on the next snow storm. Keep in touch with your neighbors and lend a helping hand. Just a phone call could make a difference in someone's life.

One of the things we can do this new year is to work on ourselves, which includes our mind, body and spirit. Let's get involved in a new exercise class, try Inspirational Hour or maybe Massage Therapy. Once we begin to feel better with-in ourselves, we can help someone else feel better about themselves.

Model Cities have picture ID Cards. The purpose of this ID Card to remind you when to update your applications. Please stop in Linda Smith's office to take a picture. Everyone must comply by March 1, 2016. Please pass this information on to your friends.

We have done a great job taking the DCOA Surveys. Please stop at the desk and ask Chantay about completing your survey. The information from the survey is on the website for the Mayor's Office, DCOA and the other Senior Wellness Center Directors. Keep an eye out for DCOA Hearing. Ask K. Brisbane, your DCOA Ambassador about the Budget Hearing.

Every first Wednesday, a town hall meeting is conducted in the Multi-purpose Room at 11:00am. Please plan to attend.

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

Please treat one another with respect and dignity.

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The two questions asked for this issue were:

- 1. How have you benefitted from coming to the center? and***
- 2. What suggestions do you have for improvements.***

Mr. Andrew Rogers, said he is very grateful that he can come to the Center even though he does not come every day. He does go to a few of the exercise classes. He appreciates all the classes and the information given to members by DC Government and the Office on Aging.

Mr. Rogers would like to see the size of the exercise room increase as the population of seniors coming in to use the room has increased and we need a larger space for exercise and dance.

Ms. Essie Tyler, said the Center provides an outlet for seniors on various levels to socialize and connect. She loves the staff and instructors.

Ms. Tyler believes that everyone should take advantage of the exercise classes. She hopes the center can be enlarged so that the exercise classes can allow for more partici-

Next month, two seniors with special needs talk about the center.

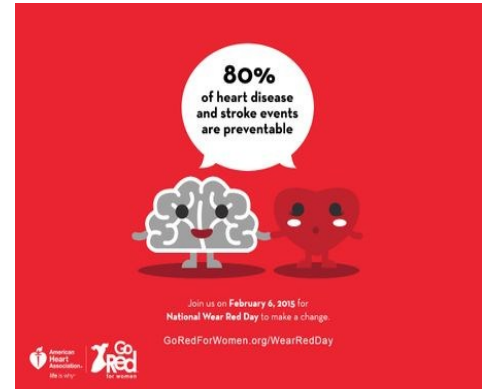
American Heart Disease

Heart disease is the No. 1 killer of women, yet only one in five American women believes heart disease is her greatest health threat. With the right information, education and care, heart disease in women can be treated, prevented, and even ended. Visit GoRedForWomen.org for more information.

This coming National Wear Red Day, Feb. 6, 2015, marks our 12-year anniversary. And looking back on all we've accomplished, we've really made tremendous strides. They include:

- Nearly 90% of women have made at least one healthy behavior change.
- More than one-third of women has lost weight.
- More than 50% of women have increased their exercise.
- 6 out of 10 women have changed their diets.
- More than 40% of women have checked their cholesterol levels.
- One third of women has talked with their doctors about developing heart health plans.

But despite our progress, women are still dying. They're still unaware of their risks and the facts. And now's not the time for complacency. It's time to stand stronger, speak louder and join us in the



Help us raise awareness to end this killer of women.

Make a change on National Wear Red Day and all year long!

1. Wear Red to show your support for saving women's lives
 2. Show us how you Go Red on your social media profiles using #GoRed
 3. Donate to help raise funds for awareness and research <https://www.goredforwomen.org/wearredday/>
- Go Red For Women wants to remind you of some easy ways you can Go Red this year. What does it mean to Go Red? It means supporting women just like you as we break the barriers against heart disease and stroke. Show your support for women to increase funding, education and awareness with these ideas: Know Your Heart Score**

Live Healthy

Know the Signs of a Heart Attack

Start Walking

Wear Red

Visit <https://www.goredforwomen.org/get-involved/national-wear-red-day/10-ways-to-go-red/> to find out the rest!

Now that you know the statistics are you ready to find out how you can prevent Heart Disease?

Caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease. The real preventative power lies with real changes to your lifestyle – which can reduce the risk for heart disease by as much as 80 percent.

Learn how you can prevent Heart Disease at any age... <https://www.goredforwomen.org/home/live-healthy/prevent-heart-disease/>

Social Media Events in February:

- National Wear Red Day Twitter Chat from 12-1 pm CT on February 6, 2015
fight this National Wear Red Day <https://www.goredforwomen.org/wearredday/>.

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 older.

Donations are accepted.



Program Highlights

- **Wednesday, April 13, 2016 [Samson– Sight and Sound Theatre ,PA](#) 9:00am. Donation \$145.00 Deposit of \$75.00 due by Monday, January 25, 2016 Final payment Monday, March 7, 2016 see Monica Carroll or Dee Powers for signing up. 202 635-1900 X24**
- **Saturday, April 18, 2016 [JW. Marriott Hotel](#) 11:30am. Lovely Lady Boutique Fashion Show and Luncheon. Special guest TBA in March Newsletters, donation \$70.00 all monies due by Friday, March 18, 2016 See Monica Carroll 202 635-1900 x24**
- **Thursday, April 28, 2016 [Dallas Black Dance Company](#) 10:30 am. Donation \$10.00 Monies due by Friday, April 8, 2016 See Monica Carroll 202 635-1900 x24**

Model Cities would like to Recognize our Senior Ambassadors



Ms. K. Brisbane

Mr. Jerome Cherry



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