



Spring Creek Senior Partners

MONTHLY NEWSLETTER - JANUARY 2022

Spring Creek Senior Partners is a Naturally Occurring Retirement Community/ Supportive Service Program (NORC/SSP). * We are a Partnership of Spring Creek Senior Partners Inc., Spring Creek Towers, Starrett City Tenants Association and Visiting Nurse Service. Our goal is to bring these and other community resources together to promote and support successful aging in place.

Located at 160 Schroeders Avenue (G5). You can visit our office Monday thru Friday 9:00am to 5:00pm, or call us at 718-348-7620.

The schedule presented in this calendar sometimes changes due to factors beyond our control. It is always best call us at 718-348-7620 to confirm date and time of activities.

*Funded in part by a grant from the New York City Department for the Aging (DFTA) & New York State Office for the Aging (NYSOFA).

SCSP offers free blood pressure (BP), Body Mass Index, Weight and Oxygen Level screenings.



Every Monday & Wednesday FROM 9:30am to 12:30pm

January is Glaucoma Awareness Month – Glaucoma is the leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms. Studies reveal that a significant number of individuals with Glaucoma often fails to know of their medical condition until a full eye examination is conducted.

The only way to find out about Glaucoma is to have a comprehensive dilated eye exam. There is no cure for glaucoma, but early treatment can often stop the progression of the disease and protect your vision.

According to National Eye Health Education Program (NEHEP), anyone can get glaucoma, but those at higher risk include:

- Everyone over age 60, especially Hispanics/Latinos
- African Americans over age 40
- People with a family history of glaucoma

Join the National Eye Health Education Program (NEHEP) in encouraging people at higher risk for glaucoma to get a dilated eye exam in the new year!

Tips on how to protect yourself and loved ones from the CORONAVIRUS

- 1) *Wash your hands often with soap and water for at least 20 seconds*
- 2) *Use a tissue or flexed elbow when sneezing or coughing*
- 3) *Avoid being around people who present with cold or flu-like symptoms*
- 4) *CDC recommends wearing a cloth face covering*
- 5) *Social distancing – keep a safe distance between Yourself and others*


People with Covid-19 have a wide range of symptoms – ranging from mild to severe illnesses. Symptoms may appear 2 to 14 days after exposure to the virus.

If You Test Positive for COVID-19 (ISOLATE)

As per the CDC guidelines, everyone, regardless of vaccination status, should stay home for five (5) days. If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house. You need to continue to wear a mask around others for 5 additional days. If you have a fever, continue to stay home until your fever resolves.

If you have any questions feel free to call our nurse for more information. If you have any symptoms, please contact your healthcare provider or stop by the Old Management Office at 1279 Delmar Loop to get tested.

UPCOMING EVENTS:

- 1) TECHNOLOGY WORKSHOP (Virtual thru Zoom): The goal is to teach our seniors the value & importance of social media like these platforms - Zoom, Facebook, Skype, Facetime etc.
- 2) ARTS/CRAFTS (CROCHET) & GARDENING every Thursday (in-person)
- 3) BINGO every Friday (in-person)
- 4) Nurse is onsite every Monday and Wednesday at Senior Partners 'office 

PLEASE RSVP FOR EVENTS YOU ARE INTERESTED IN by calling 718-348-7620.

SCSP is currently looking for Volunteers, if you would like to join our Volunteer Program,

Please call Trichna Parris at 347-528-6776.