

SPRING CREEK SENIOR PARTNER NEWS – January 14, 2022

**SPRING CREEK SENIOR PARTNERS
WISHES EVERYONE A HAPPY, HEALTHY,
PROSPEROUS AND WONDERFUL NEW
YEAR!!!!**

We have some exciting new programming and activities coming up this New Year. Stay tuned and check our monthly calendar of activities as well as the Spring Creek Sun for announcements.

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!

STAYING HEALTHY YEAR-ROUND

Tips on how to increase your chances for a long and healthy life:

- *Be active – walk; exercise; if possible, take the stairs instead of the elevator.*
- *Eat lots of fruits, vegetables and whole grains and little or no fatty foods.*
- *Don't smoke and limit your alcohol consumption*
- *Go for annual medical checkup. Take advantage of preventive screenings and immunizations like flu and pneumonia shots.*
- *Pay attention to your mental health – ongoing sadness, loss of interest, anxiety, feeling overwhelmed, changes in sleep pattern, loss of appetite, excessive crying, irritability and so on. If you experience any of the above-mentioned symptoms, please contact NYC WELL at 1-888-692-9355.*

Spring Creek Senior Partners offers many events and activities to help keep you active, informed and healthy.

For more information, call the office of Spring Creek Senior Partners and speak to one of NORC Nurses at 718-348-7620 for an appointment.

Join us for

Technology Class every Monday, Wednesday and Friday (Virtual)

Arts/Crafts (Crochet) and Gardening every Thursday (in-person)

Game Day/Bingo every Friday (in-person)

Dancersize every Friday (in-person)

Snacks, refreshments, GIVE-AWAYS are served for in-person activities

The staff of Spring Creek Senior Partners is here to assist those living in Spring Creek Towers who are 60 years and older. You are always welcome to participate in our many events and activities.

If you need to see one of our case workers or the NORC Nurse, please call for an appointment. Our number is 718-348-7620.

******Every Monday, Wednesday and Thursday FROM 9:30am to 12:30pm, Spring Creek Senior Partners offers free blood pressure, Body Mass Index, Weight and Oxygen Level screenings. Call our office at 718-348-7620 to schedule an appointment.*

ABOUT SPRING CREEK SENIOR PARTNERS

Spring Creek Senior Partners is a Naturally Occurring Retirement Community/Supportive Service Program (NORC/SSP) and we serve all residents who are 60 years or older. Our services are free and open to all residents of Spring Creek Towers. You can visit Monday through Friday 9:00 am to 5:00 pm at 160 Schroeders Ave. (G5) or call us 718-348-7620.