

## **SPRING CREEK SENIOR PARTNER NEWS – MARCH 11<sup>th</sup>, 2022**

### ***MARCH IS NATIONAL DISABILITY AWARENESS MONTH***

*This is the 35th Year the United States has recognized and celebrated March as National Disability Awareness Month.*

*On February 26, 1987, President Ronald Reagan officially declared Proclamation 5613 making March National Disabilities Awareness Month. The proclamation called for people to provide understanding, encouragement and opportunities to help persons with disabilities to lead productive and fulfilling lives.*

*Everyone deserves to enjoy life, feel productive and secure. But in March, extra steps are taken to raise awareness about the supports and rights of the people with disabilities and to celebrate their contributions to our communities and society as a whole.*

*Spring Creek Senior Partners as well as all individuals, agencies, and organizations supportive of people with disabilities are encouraged to observe the month of March with appropriate observances and activities directed toward increasing public awareness of the contributions and the potential of Americans with disabilities.*

### **SCSP IS LOOKING FOR VOLUNTEERS**

***WANT TO GET INVOLVED IN YOUR COMMUNITY?***

***HAVE A SPECIAL SKILL, TALENT YOU WANT TO SHARE?***

***WORK WITH A GROUP OF CARING INDIVIDUALS IN A STIMULATING AND REWARDING ENVIRONMENT?***

***JOIN OUR GROWING GROUP OF DEDICATED VOLUNTEERS. WE HAVE A VARIETY OF ROLES TO FIT YOUR SKILLS, TALENTS AND INTERESTS INCLUDING PATIENT NAVIGATION, TELEPHONE REASSURANCE, FRIENDLY VISITING, HELPING OUT WITH OUR EVENTS AND TRIPS, WORKING IN OUR OFFICE, LEADING AN ACTIVITY.***

***For more information, call Trichna Parris at 718-348-7620.***

***April is Volunteer Recognition Month and we will be honoring our very special and dedicated volunteers at a special event (TBD) To be determined.***

***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, 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***

***1) Concert In Motion – Via Zoom and in the conference room March 21, 2022 at 1:00pm  
\* Join Zoom Meeting ID: 527 067 8391 – Call in Number 1 646 558 8656. If you call in by telephone, you will be prompted to enter the meeting ID: 527-067- 8391, followed by #.  
When asked for a participant ID, skip this by pressing # again***

- 2) Technology Workshop (Virtual thru Zoom) – Monday, Wednesday and Friday***
- 3) ARTS/CRAFTS (CROCHET) & GARDENING every Thursday (in-person)***
- 4) Steelpan music class every Tuesday with Instructor Gregory Lezema (in-person)***
- 5) Painting class every Wednesday with Instructor Alicia Aberdeen (in-person)***
- 6) Pottery class every Friday with Instructor Charles Watts(in-person)***
- 7) BINGO every Friday (in-person)***
- 8) Tai Chi Every Friday 9:30am-10:30am from March 18, 2022 to June 3, 2022***

***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.***

#### **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.***