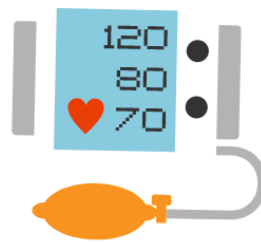


MAY IS NATIONAL BLOOD PRESSURE EDUCATION MONTH



High Blood pressure, also called hypertension, is blood pressure that is higher than normal. Studies reveal that one's blood pressure changes throughout the day based on one's activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure or hypertension. High Blood Pressure is defined as a condition in which the force of the blood against the artery walls is too high. High blood pressure often has no symptoms. Over time, if untreated, it can cause health conditions, such as heart disease and stroke.

Eating a healthier diet with less salt, exercising regularly, and taking medications can help lower blood pressure.

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 our staff members at 718-348-7620 for an appointment.

Join Us For

- 1) Walk-A-Thon – Every Monday Morning
- 2) Technology Hybrid – Monday (in-person), Wednesday and Friday (Virtual)
- 3) Intergenerational Group-Every Monday & Thursday (Hybrid) from 3:00pm to 3:45pm
- 4) ARTS/CRAFTS (CROCHET) & GARDENING every Thursday (in-person)
- 5) Steelpan Music Class-Every Thursday with Instructor Gregory Lezema (in-person)
- 6) Painting Class-Every Tuesday with Instructor Alicia Aberdeen (in-person)
- 7) Pottery Class-every Friday with Instructor Charles Watts(in-person)
- 8) Bingo- every Friday (in-person)
- 9) Tai Chi for Arthritis-every Thursday and Friday (in-person)
- 10) Stay Active and Independent for Life (SAIL)-every Tuesday & Wednesday(in-person)

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.

