

SPRING CREEK SENIOR PARTNERS NEWS – JUNE 3, 2022

JUNE IS CATARACT AWARENESS MONTH

A cataract is a clouding of the lens in the eye that affects vision. Most cataracts are related to aging. Cataracts are very common in older adults. However, the term “age-related” is a little misleading. You don’t have to be an older adult to have cataract. In fact, people can have an age-related cataract in their 40s and 50s. But during middle age, most cataracts are small and do not affect vision. It is after age 60 that most cataracts cause problems with a person’s vision. A cataract can occur in either or both eyes. It cannot spread from one eye to the other.

Who is at risk for cataract?

The risk of cataract increases as you get older. Other risk factors for cataract include:

- *Certain diseases (for example, diabetes).*
- *Personal behavior (smoking, alcohol use).*
- *The environment (prolonged exposure to ultraviolet sunlight).*

What are the symptoms of a cataract?

The most common symptoms of cataract are:

- *Cloudy or blurry vision.*
- *Colors seem faded.*
- *Headlights, lamps, or sunlight may appear too bright. A halo may appear around lights.*
- *Poor night vision.*
- *Double vision or multiple images in one eye*
- *Frequent prescription changes in your eyeglasses or contact lenses.*

These symptoms also can be a sign of other eye problems. If you have any of these symptoms, check with your eye care professional.

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

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*
- 10) *Stay Active and Independent for Life (SAIL) every Tuesday & Wednesday*
- 11) *Blood Pressure Monitoring – Monday, Tuesday, Friday from 9:30am to 12:30pm*
- 12) *FREE MAMMOGRAM SCREENING FOR ELIGIBLE WOMEN AGED 40 AND OLDER – JUNE 23, 2022 FROM 10:00AM TO 3:00PM*

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.