



Spring Creek Senior Partners

MONTHLY NEWSLETTER - JULY 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).



July is known as Ultraviolet Safety Month. During this time, the mission is to spread awareness about how important it is to protect our eyes and skin from the side effects of UV rays. This month continues to be a reminder on the connection between over exposure to UV light and cancers that occur in the eyes, lips, and the skin. Officials try to educate the public about different methods of protecting oneself from these harsh rays.

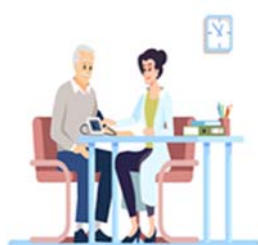
People who get too much UV light rays can also develop a weakened immune system. Vaccines will start to be less effective in those people. Their bodies start having a harder time fighting off infections that occur. With a weaker system, problems such as reactivation of herpes can get triggered by sun or other UV ray sources. Although these outcomes can be scary, there are things you can do to help minimize your risk of sun exposure; the sun is at its most intense, try staying in a shaded area from 10 am to 4pm to help protect your skin.

COVID-19 Update

The City is re-evaluating the city's COVID Alert system. Check back here for updates in the coming weeks. We remain committed to transparency and will continue to share COVID-19 data on our website. There are currently high transmission levels of COVID-19 throughout the city, so you should continue to take the following precautions:

- Wear a high-quality mask in all public indoor settings and around crowds outside.
- Stay up-to-date on vaccinations.
- Test before and after travel or gatherings, or if you were recently exposed to someone who has COVID-19.
- Stay home if sick.
- Wash your hands.

As per DFTA's guidelines, we still ask staff and participants to wear a mask indoors as well as complete health screening assessments and temperature checks prior to entry. If you have any questions feel free to call our nurse for more information.



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

With Nurse Alina Kondratyeva and Nurse Janet

**Monday-Friday
FROM 9:30am to 12:30pm**

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) **Jewelry class every Tuesdays 10am-11:30am** (in-person)
- 3) **Anchor Home Care 7/25/22 1pm-2pm(Conference Room)**
- 4) **Arts & Crafts every Thursdays 10am-11:30am(In person)**
- 5) **Games/Puzzles/Sudoku every Thursday at 2pm-3:30pm(In Person)**
- 6) **BINGO every Friday 2pm-3:30pm** (in-person)
- 7) **Movie Day every Friday 11am-1pm(In -Person)**
- 8) **Nurse on site every Monday- Friday from 9:00am-4:15pm**
- 9) **Big Apple Walk-A-Thon every Monday 10am-11am(in-person)**
- 10) **Gardening every Wednesday 10am-11:30am(In-person)**

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.