



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).

August is known as **National Immunization Awareness Month**, making this a great opportunity to remind your patients to get their appropriate vaccines. According to the Centers for Disease Control and Prevention (CDC), thousands of American adults get sick each year from diseases that vaccines can prevent. For patients with asthma or COPD, vaccines are an important step in protecting their health from serious diseases like influenza and pneumonia. August is also a great month to discuss the COVID-19 vaccine. Your patients might even ask you for clarification on the vaccines and resources. Through National Immunization Awareness Month, the CDC is teaming with other agencies, such as the AARC, to help promote and educate patients on the importance of vaccinations. The CDC even prepared an online tool to help individuals know what vaccines they may need: **The Adult Vaccine Quiz**.

COVID-19 Update

People with Covid-19 have a wide range of symptoms – ranging from mild to severe illnesses. Symptoms may appear 2 to 14 days after exposure to the virus. As per the CDC guidelines, Kings County, NYC is currently at a high level of COVID-19. Wear a mask indoors in public and on public transportation. Stay up to date with COVID-19 vaccines. Get tested if you have symptoms. If you are at high risk for severe illness, consider taking additional precautions. 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.



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) **Zumba Class every Wednesday 10am-11am**
- 4) **OKRA Movement class- Tuesdays 10-11AM (Conference Room)**
- 5) **Arts & Crafts every Thursdays 10am-11:30am (In person)**
- 6) **Games/Puzzles/Sudoku every Thursday at 2pm-3:30pm (In Person)**
- 7) **BINGO every Friday 2pm-3:30pm (in-person)**
- 8) **Movie Day every Friday 11am-1pm (In -Person)**
- 9) **Nurse on site every Monday- Friday from 9:00am-4:00pm**
- 10) **Big Apple Walk-A-Thon every Monday 10am-11am (in-person)**
- 11) **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.

- 12) **Farmers Market Vouchers Hotline 8/18/22 10AM-1PM (First come first serve *spaces are limited* Please call to place your name on the Farmers Market Voucher List)**

Горячая линия по ваучерам Farmers Market (Фермерский рынок) будет открыта 18 августа 2022 с 10:00 до 13:00 (выдача ваучеров будет проходить в порядке живой очереди *количество мест ограничено*. Пожалуйста, позвоните, чтобы внести своё имя в список ваучеров Farmers Market)

Línea directa de cupones de Farmers Market 8/18/22 10 a.m. a 1 p.m. Por orden de llegada *los espacios son limitados* Llame para colocar su nombre en la lista de cupones de Farmers Market