



Spring Creek Senior Partners

MONTHLY NEWSLETTER –October 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).

SCSP offers free blood pressure (BP), Body Mass Index, Weight and Oxygen Level screenings With Nurse Alina and Nurse Janet
Monday-Friday 9:30am-12:30pm

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. You can make a large difference in terms of prevention! Talk with your friends, families and community members about the importance of mammograms and encourage these persons to get involved. During this month that is designated to National Breast Cancer Awareness, we should take the opportunity to spread the word about steps that women can take to detect breast cancer early. The following suggestions are offered to ensure that you and others within your community are aware of the current evidence based screening and follow-up recommendations: Ask your doctor, nurse and other health care professional about the importance of getting screened for breast cancer. Encourage women you know, those between the ages 40 to 49, to talk with their doctors about when is the recommended time to start getting mammograms. Consider asking your health care providers to organize an event to talk with women ages 50 to 74 in your community about the importance of getting mammograms and the recommended frequency.

From September 15 to October 15 each year, Americans observe National Hispanic Heritage Month, a time to celebrate the achievements, histories, traditions and cultural diversity of Hispanic/Latino/Latinx Americans whose heritage is rooted in 20 Latin American countries and territories: Spain, Mexico, Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica, Panama, Colombia, Venezuela, Ecuador, Peru, Bolivia, Paraguay, Chile, Argentina, Uruguay, Cuba, Puerto Rico, and the Dominican Republic. The national observation began in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting September 15 and ending October 15 of each year. It was enacted into law on August 17, 1988

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.

If you have any questions feel free to call our nurse for more information. If you have any symptoms, please contact your healthcare provider or stop by 1203 Elton Street, Brooklyn, NY 11239 to get tested.



Hispanic Heritage Month
September 15-October 15



UPCOMING EVENTS:

- 1) Jewelry class every Tuesdays 11:30am-12:30pm (in-person)
- 2) Zumba Class every Wednesday 10am-11am
- 3) OKRA Movement class- Tuesdays 10-11AM (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-4:00pm
- 9) Big Apple Walk-A-Thon every Monday 10am-11am (in-person)
- 10) Swift Home care workshop 10/26/22 at 1pm-2pm

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 718-348-7620.

Virtual Technology Classes
Mondays (1pm-3pm)
Wednesdays (2pm -3:30pm)
Fridays (2pm-4pm)