



Spring Creek Senior Partners

MONTHLY NEWSLETTER - SEPTEMBER 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).

September is known as **Falls Prevention Awareness Day** is on **September 22** at the start of the fall season and it's a very serious matter that we all need to be paying attention to. It's the leading cause of injury-related emergency department visits and the day is used to address this public health issue. Falls can be more dangerous than they might seem. They can cause bruising, hip fractures, and head injuries, and these accidents have the potential to be fatal, especially for the elderly which means that they deserve extra attention to make sure they're protected.

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.



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) Jewelry class every Tuesdays 10am-11:30am (in-person)
- 2) Zumba Class every Wednesday 10am-11am (Conference Room)
- 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) Anxiety workshop 9/21/22 at 1pm-2pm (Conference Room)
- 11) Fall Prevention workshop 9/23/22 at 11:30am-12:30pm (Conference Room)
- 12) Swift Home care workshop 9/14/22 at 11:30am-12:30pm (Conference Room)

13)Technology Workshop: In-Person ONLY Mondays (10:30-12:30) @ Brooklyn Sports Club Technology Room: The goal is to teach our seniors the value & importance of social media like these platforms - Zoom, Facebook, Skype, Facetime etc.

**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)