



**Model Cities  
Senior Wellness  
Center**

**Volume 10, Issue 7**

# Model Cities Senior Wellness Center

1901 Evarts Street, N.E.

Washington, D.C. 20018

(202) 635-1900 Phone (202) 635-1477 Fax

Hours of Operation M-F 8:00 a.m.-5:00 p.m. Sat 10:00 a.m.-2:00 p.m.

## CITIES TALK



**October 2015**

**Newsletter and Calendar**



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### CENTER STAFF

- Stacie Mack, Project Director x 22
- Vernetta Broady, Nutrition Site Manager x 25
- Monica Carroll, Community Health Specialist x 24
- Chantay Long, Front Desk Registration x21
- Eleese Onami, Nutritionist x 23
- Linda Smith, Administrative Assistant x 26
- Lanisa Haygood, Driver



*Healthcare that Works • Healthcare that is Safe • Healthcare that Leaves No One Behind*

			Thurs. Oct. 1	Fri. Oct. 2	Sat. Oct 3
			8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise <b>10:45 Nutrition Class</b> <b>Healthy Eating</b> <b>After 50</b> <b>12:00 Kojak Low</b> <b>Impact Aerobics</b> 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games <b>3:30 Weight</b> <b>Training</b>	8:00 Open Gym 9:30 Walking <b>9:15 Pilates</b> 10:00 Piano Class 10:15 Zumba Gold <b>10:30 Farmers</b> <b>Market</b> <b>Dept. of Agriculture</b>  11:00 Chair Exercise <b>11:30 Enhance</b> <b>Fitness</b> <b>Chair Exercise</b> 1:15 Bingo	10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Yoga Class 1:30 Weight Training Class
Mon. Oct. 5	Tues. Oct. 6	Wed. Oct. 7	Thurs. Oct. 8	Fri. Oct. 9	Sat. Oct 10
8:00 Open Gym <b>9:15 Pilates</b> 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish <b>11:00 Barber</b> 11:00 Chair Exercise <b>11:30 Enhance</b> <b>Fitness Chair</b> <b>Exercise</b> 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Redskin</b> <b>Monday</b>  1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 9:30 Sign Language 9:30 Yoga <b>10:00 Flu Shots</b> 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise <b>10:45 Nutrition</b> <b>Class</b> <b>FDA and Trans Fat</b> <b>11:00 Barber</b> <b>12:00 Bowling</b> 12:30 Line  Dances (Beginners) and Advance 1:00 Beginners Ballet and Dance Co. Class <b>3:30 Weight</b> <b>Training</b>	8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal <b>10:00 Enhance</b> <b>Fitness</b> <b>Chair Exercise</b> <b>10:15 No Circuit</b> <b>Training</b> <b>11:00 No Chair</b> <b>Exercise</b> <b>11:00 Town</b>  <b>Meeting</b> 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 2:00 Afro Jazz <b>3:30 Weight</b> <b>Training</b> 5:30 Cardio Interval Exercise Class	8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise <b>10:45 Nutrition Class</b> <b>Wegmans Market</b>  <b>12:00 Kojak Low</b> <b>Impact Aerobics</b> 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games <b>3:30 Weight</b> <b>Training</b>	8:00 Open Gym 9:30 Walking <b>9:30 Pilates</b> 10:00 Piano Class 10:30 Zumba Gold 11:00 Chair Exercise <b>11:30 Enhance</b> <b>Fitness</b> <b>Chair Exercise</b> 1:00 Bingo	10:15 Low Impact Aerobics 11:00 Chair Exercise 12:00 Stretch Class 1:30 Weight Training Class

Mon. Oct 12	Tues. Oct 13	Wed. Oct 14	Thurs. Oct 15	Fri. Oct 16	Sat. Oct 17
<p style="text-align: center;"><b>Center Closed In Observance of the Columbus Day</b></p> 	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise <b>10:45 Nutrition Food Demonstration Class</b> <b>11:00 Barber</b> <b>11:30 No Massage</b> <b>12:00 Bowling</b></p>  <p>12:30 Line Dances (Beginners) or Advance 1:00 Beginners Ballet and Dance Co. Class <b>3:30 Weight Training</b></p>	<p>8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise <b>11:30 Enhance Fitness Chair Exercise</b> 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 2:00 Afro Jazz <b>3:30 Weight Training</b> 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga <b>9:45 RSVP Volunteer Luncheon At the Navy Yard</b></p>  <p>10:00 Golf 10:00 Computer Class Beginners &amp; Advance 10:20 Chair Exercise <b>10:45 Nutrition Class 9 Ways to Eat For Energy</b> <b>12:00 Kojak Low Impact Aerobics</b> 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games <b>3:30 Weight Training</b></p>	<p>8:00 Open Gym 9:30 Walking <b>9:15 Pilates</b> 10:00 Piano Class 10:15 Zumba Gold 11:00 Chair Exercise <b>11:30 Enhance Fitness Chair Exercise</b> 1:15 Bingo</p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Yoga Class 1:30 Weight Training Class</p>
Mon. Oct. 19	Tues. Oct. 20	Wed. Oct. 21	Thurs. Oct. 22	Fri. Oct. 23	Sat. Oct 24
<p>8:00 Open Gym <b>9:00 Atlantic City Sr. America Pageant</b></p>  <p><b>9:15 Pilates</b> 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish <b>11:00 Barber</b> 11:00 Chair Exercise <b>11:30 Enhance Fitness Chair Exercise</b> 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Redskin Monday</b></p>  <p><b>1:30 Hula Dance</b> 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise <b>10:45 Nutrition Class New Food Guidelines</b> <b>11:00 Barber</b> <b>12:00 Bowling</b></p>  <p>12:30 Line Dances (Beginners) or Advance 1:00 Beginners Ballet and Dance Co. Class <b>3:30 Weight Training</b></p>	<p>8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise <b>11:00 AARP Display Table</b> <b>11:30 Enhance Fitness Chair Exercise</b> 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo <b>1:00 Breast Cancer, Dr. Ruby Shadow</b> 2:00 Board Games 2:00 Afro Jazz <b>3:30 Weight Training</b> 5:30 Cardio- Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners &amp; Advance 10:20 Chair Exercise <b>10:45 Nutrition Class Healthy Eating After 50</b> <b>12:00 Kojak Low Impact Aerobics</b> 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games <b>3:30 Weight Training</b></p>	<p>8:00 Open Gym 9:30 Walking <b>9:30 Pilates</b> 10:00 Piano Class 10:30 Zumba Gold 11:00 Chair Exercise <b>11:30 Enhance Fitness Chair Exercise</b> 1:00 Bingo <b>3:00 Returning From Atlantic City Sr. America Pageant</b></p>  <p><b>5:30-8:30 p.m.</b> <i>Happy Hour</i> <i>Donation \$8.00</i> <i>Light buffet,</i> <i>Non-Alcoholic drinks</i> <i>Music by DJ. Tyzer</i></p>	<p>10:15 Low Impact Aerobics 11:00 Chair Exercise 12:00 Stretch Class 1:30 Weight Training Class</p>

Mon. Oct 26	Tues. Oct 27	Wed. Oct 28	Thurs Oct 29	Fri. Oct 30	Sat. Oct 31
8:00 Open Gym 9:15 No Pilates 9:30 Walking 10:15 Kojak Low Impact Aerobics <b>10:30 Walmart</b>  10:30 Advanced Spanish  <b>11:00 Barber</b> 11:00 Chair Exercise <b>11:30 Enhance Fitness Chair Exercise</b> 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo  <b>1:00 Redskin Monday</b> <b>1:00 Smart Trip</b> <b>1:30 Hula Dance</b> 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners And Advanced 10:20 Chair Exercise <b>10:45 Nutrition Class New Dietary Guidelines</b> <b>11:00 Barber</b> <b>12:00 Bowling</b>  12:30 Line Dances Class (Beginners) or Advance 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training	8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal <b>10:00 No Circuit Training</b> <b>10:00 Enhance Fitness Chair Exercise</b> <b>11:00 Model Cities Anniversary</b> 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 2:00 Afro Jazz <b>3:30 Weight Training</b> 5:30 Cardio- Interval Exercise Class	8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise <b>10:45 Nutrition Class Recent Recalls Food Safety</b> <b>12:00 Kojak Low Impact Aerobics</b> 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking 9:15 No Pilates 10:00 Piano Class 10:15 Zumba Gold 11:00 Chair Exercise <b>11:30 Enhance Fitness Chair Exercise</b> <b>1:00 Halloween Party Bring a Dish or Make a Donation</b> 1:00 Bingo	10:15 Low Impact Aerobics 11:00 Chair Exercise 12:45 Stretch Class 1:30 Weight Training Class

## Health Observances For October



- Adult Immunization Awareness Week
- AIDS Awareness
- Breast Cancer Awareness Month
- Caramel Month
- Dessert Month
- Emergency Nurse Week
- Healthcare Quality Week
- Healthy Lung Month
- Lupus Awareness Month
- Pasta Month
- Pharmacy Month
- Physical Therapy Month
- Pizza Month
- Pumpkin Month
- Seafood Month
- Vegetarian Awareness Month

## RECIPES TO TRY!!

### Vegan Creamy Pumpkin Soup {Gluten-Free}



- **Prep Time:** 5 minutes
- **Cook Time:** 25 minutes
- **Serves:** 3

#### Ingredients

- 1 tablespoon olive oil
- ½ onion, diced
- ½ pumpkin, peeled and cubed
- 4 cloves garlic, minced
- 1 tablespoon fresh rosemary, diced
- 4-5 cups vegetable broth
- ½-1 cup coconut milk

#### Preparation

1. Heat oil in pot over medium heat. Add onion and cook for a few minutes until translucent. Add pumpkin and garlic and continue to cook for a few more minutes.
2. Add rosemary and vegetable broth. Bring to a boil, reduce heat to low and simmer until pumpkin is soft and cooked through. Add salt to taste.
3. Puree soup in a blender (in batches) and return to the pot. Add coconut milk and simmer for another minute or two.

A creamy and vegan pumpkin soup recipe sprinkled with almonds and fresh rosemary. Simply delicious and healthy too.

## Ask The Director:



**Stacie Mack, Project Director**

Welcome to Model Cities this new fiscal year. DC Office on Aging has awarded Providence Hospital another opportunity to provide an optimum state of health and well-being achieved through disease prevention and health promotion to the senior citizens ages 60 years and over residing in Washington DC.

The new hours of operation are Monday and Wednesday 8:00am to 6:30pm, Tuesday, Thursday and Friday 8:00am to 5:00pm.

October 28, 2015, Providence Hospital will celebrate its "10th" year anniversary promoting education, fitness and nutrition programs to the participants of Model Cities. There were 431 seniors participating in the program in 2005 and currently there are 981 participants attending the program. The membership has more than doubled. Congratulations!!!!!!!!!!!!!! This is exciting.

The youngest senior is 60 and the oldest is 99 years of age. Let's celebrate the ladies and gentlemen of this wonderful program.

Every first Wednesday, a town hall meeting is conducted in the Multi-purpose Room at 11:00am. Please plan to attend.

Let us look forward to another year filled with good health and wellness.

Please do not forget to update your intake forms on an annual basis as well your physician forms. If you need a physician, please do not hesitate to ask someone at the front desk.

Please treat one another with respect and dignity.

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### **SENIOR ALERT: DID YOU KNOW?**

**Volunteers Needed :** Like to read to young children? Want to help with a Book Club? Langdon Elementary School, across from Model Cities, is looking for senior volunteers: Interested? Email: [aprille.j.ericsson@nasa.gov](mailto:aprille.j.ericsson@nasa.gov)

**Know your Rights about Debt Collectors:** What to say and what to do when a debt collector calls. Learn more at: [www.consumerfinance.gov](http://www.consumerfinance.gov)

**Need legal help?** You can find a lawyer who specializes in elder law issues at your local aid office or online at [www.eldercarelocator.gov](http://www.eldercarelocator.gov)

You may be eligible for **respite assistance** and/or a stipend if you are caring for a senior in DC: CALL the Office on Aging 724-5626 or ADRC (Aging and Disability Resource Center) 724-5626.

**KEEP WATCHING THE COLUMN FOR MONTHLY UPDATES AND**

## Breast cancer

< **Breast cancer** is [cancer](#) that develops from [breast](#) tissue.<sup>[1]</sup> Signs of breast cancer may include a lump in the breast, a change in breast shape, [dimpling](#) of the skin, fluid coming from the nipple, or a red scaly patch of skin.<sup>[2]</sup> In those with distant spread of the disease, there may be [bone pain](#), swollen [lymph nodes](#), [shortness of breath](#), or [yellow skin](#).<sup>[3]</sup>



Risk factors for developing breast cancer include: female sex, [obesity](#), lack of physical exercise, drinking [alcohol](#), [hormone replacement therapy](#) during [menopause](#), [ionizing radiation](#), early age at first [menstruation](#), having children late or not at all, and older age.<sup>[2][4]</sup> About 5–10% of cases are due to genes [inherited](#) from a person's parents, including [BRCA1](#) and [BRCA2](#) among others. Breast cancer most commonly develops in cells from the lining of [milk ducts](#) and the [lobules](#) that supply the ducts with milk. Cancers developing from the ducts are known as [ductal carcinomas](#), while those developing from lobules are known as [lobular carcinomas](#).<sup>[2]</sup> In addition, there are more than 18 other sub-types of breast cancer. Some cancers develop from [pre-invasive lesions](#) such as [ductal carcinoma in situ](#).<sup>[4]</sup> The diagnosis of breast cancer is confirmed by taking a [biopsy](#) of the concerning lump. Once the diagnosis is made, further tests are done to determine if the cancer has spread beyond the breast and which treatments it may respond to.<sup>[2]</sup>

The balance of benefits versus harms of [breast cancer screening](#) is controversial. A 2013 [Cochrane review](#) stated that it is unclear if [mammographic](#) screening does more good or harm.<sup>[5]</sup> A 2009 review for the [US Preventive Services Task Force](#) found evidence of benefit in those 40 to 70 years of age,<sup>[6]</sup> and the organization recommends screening every two years in women 50 to 74 years old.<sup>[7]</sup> The medications [tamoxifen](#) or [raloxifene](#) may be used in an effort to prevent breast cancer in those who are at high risk of developing it.<sup>[4]</sup> [Surgical removal of both breasts](#) is another useful preventative measure in some high risk women.<sup>[4]</sup> In those who have been diagnosed with cancer, a number of treatments may be used, including [surgery](#), [radiation therapy](#), [chemotherapy](#), [hormonal therapy](#) and [targeted therapy](#).<sup>[2]</sup> Types of surgery vary from [breast-conserving surgery](#) to [mastectomy](#).<sup>[8][9]</sup> [Breast reconstruction](#) may take place at the time of surgery or at a later date. In those in whom the cancer has spread to other parts of the body, treatments are mostly aimed at improving quality of life and comfort.<sup>[9]</sup>

Outcomes for breast cancer vary depending on the cancer type, [extent of disease](#), and person's age.<sup>[9]</sup> Survival rates in the [developed world](#) are high,<sup>[10]</sup> with between 80% and 90% of those in England and the United States [alive for at least 5 years](#).<sup>[11][12]</sup> In [developing countries](#) survival rates are poorer.<sup>[4]</sup> Worldwide, breast cancer is the leading type of cancer in women, accounting for 25% of all cases.<sup>[13]</sup> In 2012 it resulted in 1.68 million cases and 522,000 deaths.<sup>[13]</sup> It is more common in developed countries<sup>[4]</sup> and is more than 100 times more common in women than in men.<sup>[10][14]</sup>

**Optimum health during the golden years!**

**Model Cities Senior Wellness Center is of the Senior Services Network- supported by the D.C. Office on Aging and managed by**

**Providence Hospital Wellness Institute.**

**Happy Birthday to all born in the Month of October**

### **Model Cities Senior Wellness Center's Trip Policy**

Welcome all Model Cities Senior Wellness Center participants and their guest to join us for trips and outings. Registration for all events is honored on a first come, first served basis. When registration is required, payment must be made when you register by mail or in person. Telephone registration for these programs will not be accepted. Cash and checks are welcome. Please make checks payable to Model Cities Senior Wellness Center.

### **Inclement Weather Policy**

Model Cities follow the DC Government inclement weather policy. When the administrative offices are open two hours late, Model Cities will open for business at 10:00am. Please listen to the weather stations and watch your local television channels for the weather updates for closures.

### **MEMBERSHIP IS FREE**

To all District of Columbia residents who are 60 years of age and older.

Donations are accepted.



### **Program Highlights**

- Thursday, October 15, 2015 **RSVP Volunteer Luncheon At the Navy Yard** 9:50 am. RSVP Volunteers \$10.00 Guest \$25.00 all monies due Monday, September 14, 2015
- Thursday, November 19, 2015 **Lula Washington Dance Theatre** 10:30pm For donation \$8.00 at The Publick Playhouse see Monica Carroll or Dee Powers deadline for signing up is Thursday, October 22, 2015

**NATIONAL DO NOT CALL REGISTRY 1-888-382-1222**

**Model Cities Would like to Recognize Our Senior Ambassadors**

**Mr. Jerome Cherry**



**Ms. K. Brisbane**

