



# MODEL CITIES

## Senior Wellness Center

### Calendar & Newsletter

1901 Everts Street, N.E. | Washington, DC 20018 | [www.provhosp.org](http://www.provhosp.org) | Ph: (202) 635-1900 | Fax: (202) 635-1477  
Hours of Operation: Monday-Friday 8:00am-5:00pm

August 2017  
Volume 1 - Issue 8


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### Director Corner

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Stacie Mack




### Ms. Senior DC Pageant

Above: the new Ms. Senior DC Queen Frances Curtis Johnson who was crowned Sunday, June 25, 2017 at UDC Auditorium Theatre. Pictured from left: First runner up Dr. Judyan Andrews, second runner our own MC Steppers and Model Cities member Patricia Ragland Below: the MC Steppers dancing to the Greatest...



# Calendar of Events...

## August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:00 Open Gym 8:45 Tai Chi 9:30 No Computer Class Beginners & Advance <b>9:30 No Sign Language</b> 9:30 Yoga <b>10:00 Barber</b> 10:20 Chair Exercise <b>11:00 Massage</b> <b>11:00 Nutrition Class</b> <b>What is Adulterated Food</b> <b>12:00 Bowling</b> 12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 No Beginners Ballet and Dance Co. Class 2:00 Board <b>3:30 Weight Training</b>	8:00 Open Gym 10:00 Choir Rehearsal 10:00 Chair Exercise <b>10:15 No Circuit Training</b> <b>10:15 Combination Chair</b> <b>Exercise</b> <b>11:00 Town Meeting</b> 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training <b>5:30 Cardio Interval</b> <b>Exercise</b>	8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 No Computer Class Beginners & Advance 10:00 Knitting 10:00 Golf 10:20 Chair Exercise <b>11:00 Nutrition Class</b> <b>Coping with increasing</b> <b>Food Intolerance</b> 12:00 Kojak Low Impact 1:00 No Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 8:45 Tai Chi 9:00 No Piano Class 10:00 No Sewing Class 10:20 Zumba Gold <b>11:20 Combination</b> <b>Chair Exercise</b> 1:00 Bingo
7	8	9	10	11
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Advance Chair Exercise & Stretch and Tone 11:15 No Beginners Spanish 11:30 Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Chess Class <b>1:00 Writing Class,</b> <b>Barbara Rosenblatt</b> 2:00 Board Games <b>5:30 Cardio Interval</b> <b>Exercise</b>	8:00 Open Gym 8:45 Tai Chi 9:30 No Computer Class Beginners & Advance <b>9:30 No Sign Language</b> 9:30 Yoga <b>10:00 Barber</b> 10:20 Chair Exercise <b>10:30 Nutrition Class Trip</b> <b>Millers Farm</b> <b>11:00 Massage</b> <b>12:00 Bowling</b> 12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 No Beginners Ballet and Dance Co. Class 2:00 Board <b>3:30 Weight Training</b>	8:00 Open Gym 10:00 Choir Rehearsal 10:00 Chair Exercise 10:15 Circuit Training 11:00 Advance Chair Exercise & Stretch and Tone 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training <b>5:30 Cardio Interval</b> <b>Exercise</b>	8:00 Open Gym 8:45 Tai Chi 9:30 Elder Odessa Harris 9:30 Yoga <b>9:30 Thearc Theater,</b> <b>Play Forget Me Not</b> 9:30 No Computer Class Beginners & Advance 10:00 Golf 10:00 Knitting 10:20 Chair Exercise <b>11:00 Nutrition Class</b> <b>Promoting Good Bacteria</b> <b>With Probiotics</b> <b>12:00 Kojak Low Impact</b> <b>1:00 Club Memory</b> 1:00 No Beginners Ballet and Dance Co. Class 2:00 Board Games <b>2:00 Ms. Senior DC Award</b> <b>Luncheon</b> <b>By Invitation Only</b> <b>3:30 Weight Training</b>	8:00 Open Gym 8:45 Tai Chi 9:00 No Piano Class 10:00 No Sewing Class 10:20 Zumba Gold <b>11:20 Combination</b> <b>Chair Exercise</b> <b>1:00 Bingo</b>

# Calendar of Events...

<p style="text-align: right;">14</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Advance Chair Exercise &amp; Stretch and Tone 11:15 No Beginners Spanish 11:30 Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Chess Class 2:00 Board Games <b>5:30 Cardio Interval Exercise</b></p>	<p style="text-align: right;">15</p> <p>8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 No Computer Class Beginners &amp; Advance <b>9:30 No Sign Language</b> 9:30 Yoga <b>10:00 Barber</b> 10:20 Chair Exercise <b>11:00 Nutrition Class Snacks on a Mission</b> <b>11:00 Massage Dance Co. Class</b> <b>12:00 Bowling with Transportation</b> 12:30 No Line Dance (Beginners) 1:00 No Beginners Ballet and Dance Co. Class 1:00 No Advance Line Dance 2:00 Board Games <b>3:30 Weight Training</b></p>	<p style="text-align: right;">16</p> <p>8:00 Open Gym 10:00 Choir Rehearsal <b>10:00 Luncheon with the Director 14K Restaurant &amp; Lounge Donation \$30.00</b> 10:15 Circuit Training 11:00 Advance Chair Exercise &amp; Stretch and Tone <b>11:00 AARP Display Table</b> 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training <b>5:30 Cardio Interval Exercise</b></p>	<p style="text-align: right;">17</p> <p>8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 No Computer Class Beginners &amp; Advance <b>10:00 Knitting Jo-Anne Fabric Store</b> 10:00 Golf 10:20 Chair Exercise <b>11:00 Nutrition Class Awful Ingredients everyone still uses but Shouldn't</b> <b>12:00 Kojak Low Impact</b> 1:00 No Beginners Ballet and Dance Co. Class 2:00 Board Games <b>3:30 Weight Training Exercise</b></p>	<p style="text-align: right;">18</p> <p>8:00 Open Gym <b>8:45 Tai Chi</b> 9:00 No Piano Class 10:00 No Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise <b>12:00 Model Cities Summer BBQ</b> <b>1:00 No Bingo</b></p>
<p style="text-align: right;">21</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Advance Chair Exercise &amp; Stretch and Tone 11:15 No Beginners Spanish 11:30 Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Chess Class 2:00 Board Games <b>5:30 Cardio Interval Exercise</b></p>	<p style="text-align: right;">22</p> <p>8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 No Computer Class Beginners &amp; Advance <b>9:30 No Sign Language</b> 9:30 Yoga <b>10:00 Barber</b> 10:20 Chair Exercise <b>11:00 Nutrition Class Best Casserole tips Everyone should know</b> <b>12:00 Bowling</b> 12:30 No Line Dance (Beginners) 1:00 No Beginners Ballet and Dance Co. Class 1:00 No Advance Line Dance 2:00 Board Games <b>3:30 Weight Training</b></p>	<p style="text-align: right;">23</p> <p>8:00 Open Gym 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Advance Chair Exercise 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training <b>5:30 Cardio Interval Exercise</b></p>	<p style="text-align: right;">24</p> <p>8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 No Computer Class Beginners &amp; Advance <b>10:00 Knitting</b> <b>10:00 Eye Exam, Columbia Light for the Blind</b> 10:00 Golf 10:20 Chair Exercise <b>11:00 Nutrition Class Clean Protein</b> <b>12:00 Kojak Low Impact</b> <b>1:00 Club Memory</b> <b>1:00 Clear Caption, Barbara Fulton</b> 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p style="text-align: right;">25</p> <p>8:00 Open Gym <b>8:45 Tai Chi</b> 9:00 No Piano Class 10:00 No Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise 1:00 Bingo  <b>5:30-8:30 Happy Hour Donation \$10.00 Light Buffet, Non- Alcoholic Drinks Music by DJ. Tyzer</b></p>

# Calendar of Events...

28	29	30	31	1
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Advance Chair Exercise & Stretch and Tone 11:15 No Beginners Spanish 11:30 Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Chess Class 2:00 Board Games <b>5:30 Cardio Interval                Exercise</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 No Computer Class Beginners & Advance <b>9:30 No Sign Language</b> 9:30 Yoga <b>10:00 Barber</b> 10:20 Chair Exercise <b>11:00 Nutrition Class</b> <b>Nutrition Film Festival</b> <b>12:00 Bowling</b> 12:30 No Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 1:00 No Advance Line Dance 2:00 Board Games <b>3:30 Weight Training                Exercise</b>	8:00 Open Gym 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Advance Chair Exercise 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training <b>5:30 Cardio Interval                Exercise</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 No Computer Class Beginners & Advance <b>10:00 Knitting</b> 10:00 Golf 10:20 Chair Exercise <b>11:00 Nutrition Class</b> <b>Blood Pressure Screening</b> <b>With Jandel</b> <b>12:00 Kojak Low Impact</b> 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games <b>3:30 Weight Training                Exercise</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:00 No Piano Class 10:00 No Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise <b>1:00 No Bingo</b> <b>1:00 Ice Cream Social</b>

# Upcoming Events...

- **Senior Boat Ride, August TBA**
- **Senior America Pageant, Resort Hotel in Atlantic City- Monday- Friday, October 16-20, 2017, 9:00am.** Donation for Single Room \$484.00, Double Room \$298.00 the price Include \$45.00 Rebate and (4) \$20.00 meal credits and a complimentary casino show ticket if available. **There is an additional \$65.00 for the pageant show tickets. A deposit of \$100.00 is due Monday, July 31, 2017, \$100.00 is due on Monday, August 21, 2017, Final payment is due on Wednesday, September 20, 2017. For more information see Monica Carroll 202 635-1900**

# Director Corner & Health Observances



**Stacie Mack, Director**

## **Health Observances for August**

- Digestive Tract Paralysis Awareness Month
- Fungal Disease Awareness Week 14-18
- Gastroparesis Awareness Month
- National Health Center Week 7-13
- National Immunization Awareness Month
- National Watermelon Day 3
- Psoriasis Awareness Month

Hello Ladies and Gentleman,

The Weather has been extremely hot and humid. Please drink plenty of water and wear cool cotton clothing. Check on your family and neighbors who may not have air conditioning. Model Cities is a cooling center open Mondays and Wednesdays from 8:00am to 6:30pm, Tuesdays, Thursdays and Fridays from 8:00am to 5:00pm.

We would like to welcome all of our new members to our Model Cities family. The Center is growing rapidly and we want you to know if there is any way we can assist you, please don't hesitate to ask any one of us.

Computer, Line Dancing and Spanish Classes will resume in September 2017. Please participate in the Town Hall meeting on the first Wednesday of each month at 11:00am in the Multi-Purpose Room for changes within the calendar.

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

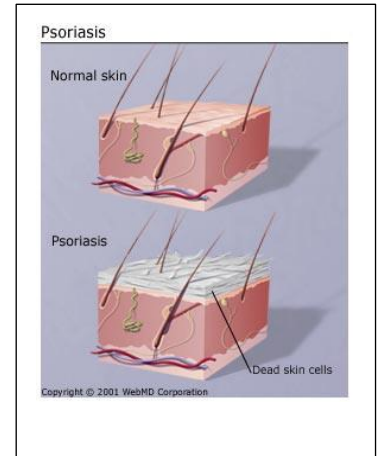
Please treat one another with respect and dignity.

## What is Psoriasis?

Unpredictable and irritating, [psoriasis](#) is one of the most baffling and persistent of [skin](#) disorders. It's characterized by skin cells that multiply up to 10 times faster than normal. As underlying cells reach the skin's surface and die, their sheer volume causes raised, red plaques covered with white scales. [Psoriasis](#) typically occurs on the [knees](#), elbows, and scalp, and it can also affect the torso, palms, and soles of the feet.

The [symptoms of psoriasis](#) vary depending on the type you have. Some common symptoms for [plaque psoriasis](#) -- the most common variety of the condition -- include:

- Plaques of red skin, often covered with loose, silver-colored scales; these lesions may be itchy and painful, and they sometimes crack and bleed. In severe cases, the plaques of irritated skin will grow and merge into one another, covering large areas.
- Disorders of the [fingernails](#) and [toenails](#), including discoloration and pitting of the nails; the nails may also begin to crumble or detach from the nail bed.
- Plaques of scales or crust on the scalp



[Psoriasis](#) can also be associated with [psoriatic arthritis](#), which leads to pain and swelling in the joints. The National Psoriasis Foundation estimates that between 10% to 30% of people with psoriasis also have [psoriatic arthritis](#).

### Other forms of psoriasis include:

**Pustular psoriasis**, characterized by red and scaly skin on the palms of the hands and/or feet with tiny pustules

**Guttate psoriasis**, which often starts in childhood or young adulthood, is characterized by small, red spots, mainly on the torso and limbs. Triggers may be respiratory infections, [strep throat](#), [tonsillitis](#), stress, injury to the skin, and use of anti-malarial and beta-blocker [medications](#).

**Inverse psoriasis**, characterized by bright red, shiny lesions that appear in skin folds, such as the armpits, groin area, and under the [breasts](#)

**Erythrodermic psoriasis**, characterized by periodic, fiery redness of the skin and shedding of scales in sheets; this form of psoriasis, triggered by withdrawal from a systemic [psoriasis treatment](#), severe [sunburn](#), infection, and certain medications, requires immediate medical treatment, because it can lead to severe illness.

People who suffer from psoriasis know that this uncomfortable and at times disfiguring skin disease can be difficult and frustrating to treat. The condition comes and goes in cycles of remissions and flare-ups over a lifetime. While there are medications and other therapies that can help to clear up the patches of red, scaly, thickened skin that are the hallmark of psoriasis, there is no cure.

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[See additional information.](#)

# Recipes You Can Use...

## ~Nobody's Strawberry Watermelon Shakedown~



**Prep 5mins. Ready in 5mins.**

**Ingredients:**

- 1 ½ cups frozen strawberries
- 1 ½ cups frozen diced watermelon
- ¼ cup cream
- ¼ cup plain yogurt
- 2 tablespoons orange juice
- ¼ teaspoon vanilla extract

### **DIRECTIONS**

1. Add all ingredients to list
2. Blend the strawberries, watermelon, cream, yogurt, orange juice, and vanilla in a blender until smooth.

## ~Melon Salad~



### **INGREDIENTS**

- cups mixed diced watermelon, honeydew and cantaloupe
- 2 cups diced cucumber, seeded if there are seeds
- Salt to taste
- 1 teaspoon lemon or lime zest
- 2 tablespoons freshly squeezed lemon or lime juice
- 1 to 2 tablespoons chopped fresh mint
- 1 ounce feta cheese, crumbled
- ¼ to ½ teaspoon Aleppo pepper or mild chili powder (to taste), or 1 serrano chile, minced
- 2 tablespoons extra virgin olive oil

### **Direction**

Combine all of the ingredients in a large bowl. Toss together just before serving.

# Member Info...

## ABOUT MODEL CITIES

Model Cities, through a partnership between Providence Health System and the DC Office on Aging, provide services that enhance the social, physical, and spiritual health of DC seniors free of charge.

## MEMBERSHIP IS FREE

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

## MODEL CITIES SENIOR WELLNESS CENTER'S TRIP POLICY

We welcome all Model Cities Senior Wellness Center participants and their guest to join us for activities and outings. Registration for all events is honored on a first come, first served basis. When a donation 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.

### Important- Photo ID Schedule

See Linda Smith

**Only Tuesday, Wednesday, Thursday 9:00-12:00 or 2:00-3:00**

## CENTER STAFF

Stacie Mack, Project Director

Vernetta Broady, Nutrition Site Manager

Monica Carroll, Community Health Specialist

Gloria Franklin-Austin, Front Desk Registration

Jandel Benjamin, Nutritionist

Linda Smith, Administrative Assistant

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