

On Lok Newsletter

July – September 2017

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SFMNP

The Farmer's Market nutrition program for seniors this year started in June for all seniors who live in Philadelphia and are 60 years old with low income can qualify to receive four \$5 vouchers to exchange for fresh produce from any qualifying farmer's market. On July/5/2017, On Lok center was scheduled to give out farmer's market vouchers for our seniors. On that day, early in the morning - despite the hot summer sun - all the seniors formed a long line and waited outside the On-Lok Center, from around 8:30 am. All the staff and volunteers of On Lok center made an effort to prepare and work to ensure the voucher distribution could proceed smoothly. We had more seniors than last year show up, but by lunch time, a total of 500 vouchers were distributed with no problems. We are thankful for all the volunteers unconditional hard work. A special thanks for the On Lok House manager's daughter and the three volunteers from PCDC who made this event possible. For those qualifying seniors who did not receive the vouchers for this year, they may obtain them at the PCA main office during office hours. The address is: 642 North Broad Street Philadelphia, PA 19130 Tel: 215-765-9000.



SFMNP

New class announcement

Good News! For the first time, our On Lok Senior Center will offer a new sketching/drawing class on every Friday from 1 to 3pm. at the On-Lok house community room starting on 8/4/2017. We are very

pleased to have Mr. Donald Stephens who is an experienced teaching Artist as our instructor, and we will have Mr. Steve Yan as our translator during the class. The cost is \$40 for 20 classes. Our instructor Mr. Stephens, was conducted a free demo class on 7/28/17 at the On-Lok Center. On that day, we had more than 20 people to attend, the class was full and Mr. Stephens's teaching methods were vivid and funny. All the seniors enjoyed the free session. The class was expected very popular for those members interested in the sketching/drawing class. Please sign up and register soon.



Sketching Demo

On Lok House Backyard Garden

Along the enclosure wall of the On-Lok House backyard, there are two 24"x 36" wooden boxes raised containers that were created by the On-Lok residents as gardening planters. Each year from spring to fall residents plant different varieties of vegetables from seeds to harvest with great care and effort. The results are always very rewarding. It not only gives residents fresh produce to enjoy, but also enhances the landscape at On Lok House's backyard. Residents often share their crops with relatives and friends. It really makes On Lok House a happy family.



Garden

Chronic cholecystitis and gallstones:

Diagnosis, treatment and prevention:

Dr. Ren Jian Fang (FACC) is a cardiologist who specializes in ultrasound tests and electrocardiograms. He works at the University of Pennsylvania's cardiovascular and electrophysiology departments as a consultant since 2007. He has great experience in the use of ultrasound diagnoses on the heart and gastrointestinal diseases. In 1988 he won the World Federation of Ultrasound Medicine, and Biology's "Pioneer Award." We are pleased to have invited him and very honored to have Dr. Ren to conduct a health promotional lecture on "Chronic cholecystitis and gallstones diagnosis, treatment and prevention" on Monday, September 11, 2017 from 1pm to 2pm at the On-Lok Center. An estimated 20 million Americans are found to have gallstones, with 500,000 cholecystectomies performed annually (NIH 1992). For the elders, especially when combined with obesity, diabetes and hyperlipidemia, it is important to know some of the early diagnoses, treatment and prevention of cholecystitis and gallstones. In chronic cholecystitis, the gallbladder is damaged by repeated attacks of acute inflammation, usually due to gallstones, and may become thick-walled, scarred and small. The gallstones may block the opening of the gallbladder into the cystic duct, block the cystic duct itself and/or the small duct in the liver. Gallstones intermittently obstruct the cystic duct and so cause recurrent upper abdominal tenderness (or biliary colic) or fever. Choledocholithiasis may present obstructive jaundice etc. The cholecystitis with gallstones may be easily diagnosed by abdominal ultrasonography. Preventive measures may include: 1) Better life and dietary regime; 2) Choose a healthy diet – Diets high in fat and low in fiber may increase the risk of gallstones.; 3) Prevention from obesity- Lose weight slowly (rapid weight loss can increase the risk of gallstones), maintain a healthy weight; 4) Prevent/treat hyperlipidemia and diabetes. All senior members who are interested in this should please be on time on Sept. 11, 2017.

Dietary selection for our seniors

How to eat well and scientifically to ensure we have a healthy body through a diet selection. On Wednesday Aug/23rd/2017 Ms. Barbara Myers a registered dietitian from B T C arrived to On Lok center conducted a lecture on nutrition knowledge that mainly educated our senior members on how to pick the right selection from different varieties of food in order to get a well-balanced diet and adequate calorie intake to maintain a healthy body. She also suggested our seniors during mealtime take time to chew on food and take small quantities at a time. Eat more vegetables, fruits, a variety of grains and low-fat dairy products. Control salt intake, avoid too much food like pizza, cookies, cake, candies, ice cream and sugary beverages in fat, meats, like spareribs sausage, bacon, and hot dogs. If our seniors would be more aware of what they eat, and eat wisely, following

the healthier dietary practices and exercise routinely they will have a healthy body to enjoy their golden retirement age.



Nutrition Education

Advisory council Board election meeting

The On Lok Advisory Council Committee has eleven advisory council members, each advisory council member actively participates in volunteer services by sacrificing his or her time and energy to provide services to our seniors, and because of their hard work, the senior center's activities are carried out smoothly. For years, the On-Lok center relied on the eleven advisory committee volunteers for their time and energy to make the center function smoothly. We are grateful for their hard work. Each advisory council has a service term of two years, and it can be continued for another two years if the member is re-elected. This year we need five new members for those whose terms will be expiring soon. On Monday, September 11, 2017 at 11:00 am in the On-Lok House community room, we will hold the voting for the advisory council committee election. We welcome any qualified volunteer member candidate to sign up for the election, and encourage all the senior members to participate in the election.

Other News

8/24 Penn Medicine and Thomas Jefferson University Presented Exercise to fight back against Parkinson's Disease – Let's get moving!

9/6 SeniotLaw Center will hold a Seniors Law Workshop

The On Lok Social Service Center is a place for senior citizens to receive social, recreational and educational services. It is opened from Monday to Friday, 9 AM – 5 PM. On Lok Social Service and Meal Program are funded under contract by PCA.

**If you would like to make donation,
Send your check to
On-Lok Social Service Center
213 North 10th Street
Philadelphia, PA 19107**