



# 15104 SENIORS PROJECT



## SPRING 2022 NEWSLETTER

### Welcome Back Participants!

Hi everyone and welcome to the 15104 Seniors Project Spring Newsletter, our first edition as we enter the new year 2022! Stay tuned for upcoming events throughout this year that we hope to hold and attend in the community! Stop by the events or the office and say Hello!

### Do you recognize these ladies?



Pictured above is 15104 Seniors Project Research Coordinator Heather Lucas and Braddock PA mayor Delia Lennon-Winstead at the 15104 Seniors Project Community Advisory Board and Staff Holiday gathering in our office.

### 15104 SENIORS PROJECT REFERRAL PROGRAM!

- Refer someone to the “15104 Seniors Project” study who is eligible and not yet enrolled !
- Your referrals must live in the 15104 zip code, must be 65 or older, and meet in person with one of our research interviewers.
- YOU can earn a \$10 finders fee up to 12 times per year !

### Congratulations to our Spring 2022 Sweepstakes Winner :

**James Kidd !!!**

**Thank you for your three years of participation in the 15104 Seniors Project study.**



**501 Braddock Avenue, Suite 101, Braddock, PA 15104**

**412-586-9452**

Q. How excited was the gardener about spring?

A. So excited he wet his plants.



2021 Braddock Holiday Celebration  
at the Clara Davis Friendship Park.



PICTURED ABOVE:

Heather Lucas, former mayor  
Chardae Jones, and Niruthigha  
Kanakavelan.

## FUN SPRING FACTS

\***Easter** always falls on the first Sunday after the first full moon after the spring equinox.

\*The word “season” is from the Latin sationem meaning “**sowing**” or “seed time”.

\*Every year on the first day of spring, people in **Poland** gather to burn an effigy and throw it in the river to bid **winter** farewell.

<https://www.factretriever.com/spring-facts>

## Call for Submissions!

*The 15104 Seniors Project team is looking to spotlight participants in upcoming editions of the newsletter.*

Do you have a unique talent, an interesting collection, community involvement, a family recipe, hobby or activity that you would like to share with the Seniors Project family? We are welcoming short essays and photos from participants. Please let your interviewer know at your next visit or contact the **15104 Seniors Project office** at [412-586-9452](tel:412-586-9452) if you would like to contribute.



Q. Can bees fly in the rain?

A. Not without their little yellow jackets!

## Strawberry White Chocolate Mousse

As it gets hotter, we trade our baked treats for no-bake desserts, and this delicious mousse is no exception. This recipe calls for basic ingredients and few steps, all of which revolve around strawberries.



### **Ingredients:**

- 1/2 cup freeze dried strawberries
- 1/2 cup white chocolate, melted
- 1/2 cup whipping cream
- 1/2 tsp vanilla extract
- 3 tbsp water



### **Instructions:**

1. In a bowl, add the freeze dried whole or sliced strawberries along with half a cup of water. Set aside for 15 minutes. Pat them dry to remove excess water.
2. Add all the ingredients into a food processor and whisk on low speed until blended. You may need to add some more water, depending on the consistency of your preference.
3. Once the mousse is soft (about 4-5 minutes later) , transfer to cups and refrigerate for at least one hour before serving.

<https://motherearthproducts.com/blogs/recipes/5-delicious-strawberry-recipes-to-celebrate-spring-the-right-way>



## Meet the 15104 Seniors Project Administrative Assistant



**Alyssa has been the admin within the 15104 Seniors Project since July of 2019 and is new to the research community. She has over 12 years of health care experience, 10 of which were spent working at AHN Forbes Hospital in Monroeville, PA, in various staffing, patient placement and patient care roles. She is a mother of three children and enjoys spending her free time with family, friends, and at her children's activities and sporting events. She hopes to one day further her career in healthcare administration.**



# Word Search

S U V N K S N G S B A A V Y T  
 S A L H E K D D G W L F T R U  
 A V W U R S X R R O L X O V B  
 R N I A R Y T K I J E S Q E P  
 G L Z M M X K S X B R H E C E  
 S R E W O L F N U S B S L N L  
 L A T G C G H G S C M O I W S  
 J L Z U A J D E X I U H E Q E  
 S L A S X R C D I D S D A Y E  
 E U W B I O D Z S N R A S G D  
 F L O W E R S E U V K I T E S  
 S E E R T S N S N K A F E U G  
 K S E I M S A U Q D X G R K C  
 L D B E J H I B S L E B U Y G  
 J P S S V O V Q O K R G R I F

Flowers

Kites

Daisy

Trees

Rain

Sun Flowers

Grass

Baseball

Clouds

Birds

Sun

Umbrella

Seeds

Sunshine

Garden

Bees

Easter

Nests



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