

CELEBRATING  
**125**  
YEARS



# Riverway Experience

## RIVERWAY OLDER ADULT CENTER

230 Riverdale Avenue, Brooklyn, NY 11212  
Phone:(718) 942-5345

# February 2026



### **Leticia's Message:**

**We are moving into the love month with nearly two months until Spring.....**  
In regard to the influx of colds and flu going around we suggest you keep in touch with your health provider and stay home until you feel better. Please do not come to the center contagious or with fever. We also strongly urge the membership to wear masks, wash hands frequently and use hand sanitizer. Also, bundle up during these cold winter days with strong chills/ winds. Frostbite and hypothermia can set in quick on uncovered skin. Don't stand in the cold for long and stay warm. Call 311 if to report if you do not have heat.

We have trips available for this month so please look at your schedules for dates and times. You will get local trips and rec trips as schedule permits every month until we hire a new driver. Please bear in mind we have only one driver at this time. It is best to call the center directly for updates or with questions regarding transportation.

We are well on our timeline and excited about our new center we will be moving to soon. This is the year we move it is finally here. Please stay connected with us for updates on our move. Last month, the senior board went with Dorothy and myself to see how things were progressing. We will soon be called Gail P. Duke Older Adult Center.



*Funded by NYC Aging*

# February 2026 Happenings

**Center open Monday February 16  
for President's Day**



- Feb. 11: Wills, Trust & Life Insurance @11AM
- Feb. 13 : Valentine's Dance Social @1:30PM -\$5.00
- Feb. 17 : Nutrition Education w/ Jennylyn @12 PM
- Feb. 19: Birthday Party @1:30PM
- Feb. 20: Rec Valentine Bingo@ 1:30PM
- Feb. 24: Craft Show@1:45PM-\$5
- Feb. 25: Black History Discussion @1:30PM
  
- Feb. 27: DOT Safety Ed &Outreach @11AM

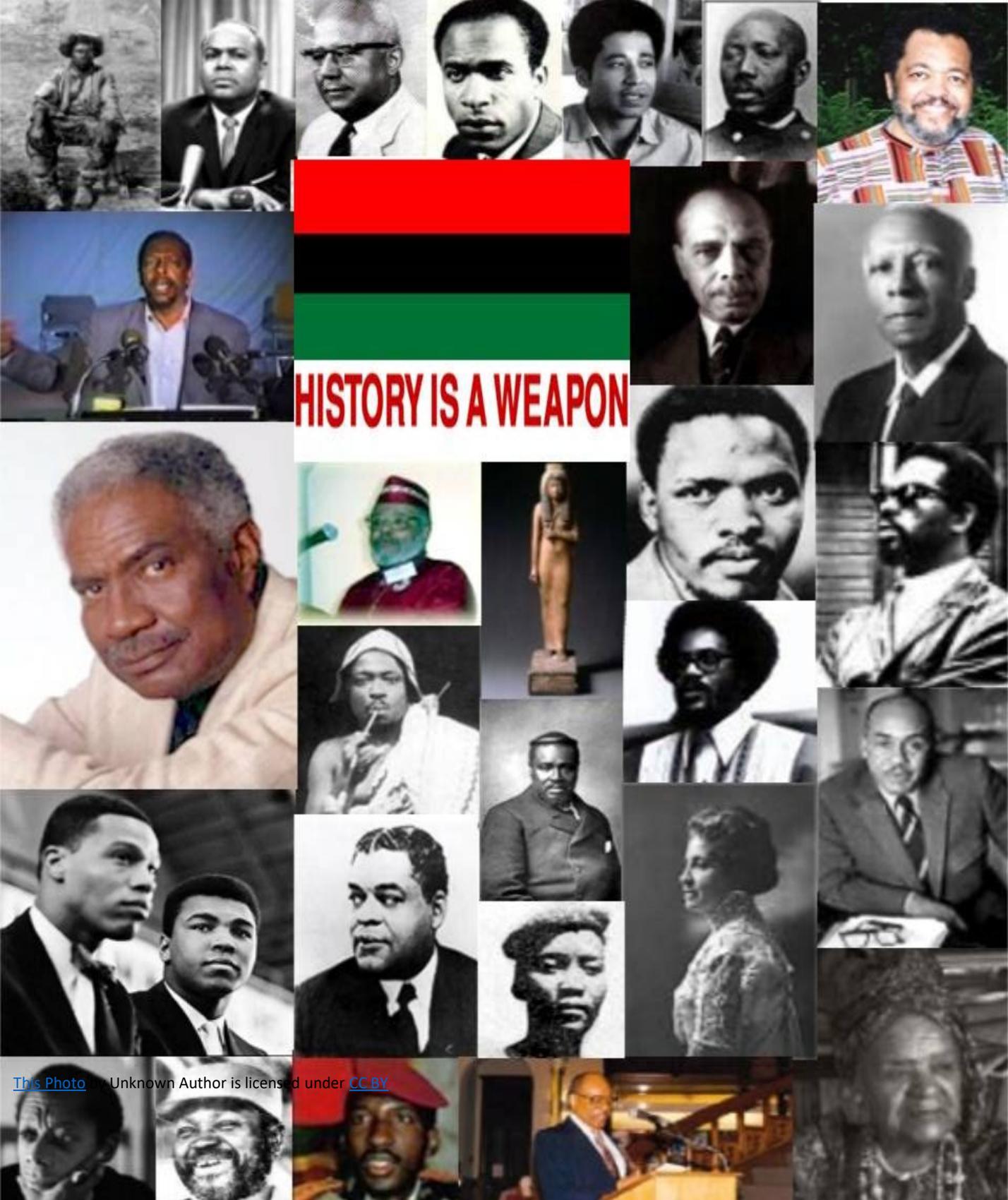


Please see Dorothy to sign up and pay for Valentine Dance

## Key Details About the Year of the Horse:

- **Significance:** The Horse represents bravery, hard work, speed, and intelligence.
- **Recent/Future Years:** 1954, 1966 (Fire), 1978, 1990, 2002, 2014, 2026 (Fire), 2038.
- **Cultural Context:** In 2026, the Fire Horse is considered a rare, high-energy year that may bring both challenges and opportunities for growth.
- **Characteristics:** Those born in this year are often seen as independent, confident, and active, but may also dislike being restricted.





**HISTORY IS A WEAPON**

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## Southern Collard Greens



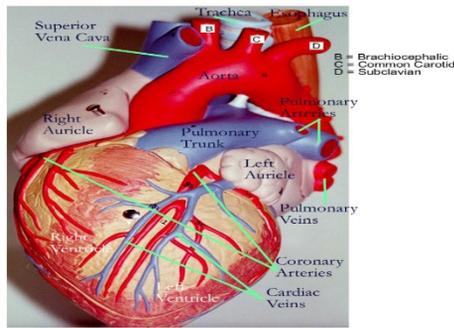
## Ingredients

- 3 lbs. fresh collard greens about 5-6 smaller bunches
- 1 1/2 lbs. extra large smoked turkey wings, legs, necks or ham hock Make they are meaty
- 2 tsp chicken bouillon like Better Than Bouillon
- 2 tbsp sugar can be granulated or brown sugar
- 1 tbsp bacon grease
- 1 tbsp seasoned salt such as Lawry's
- 2 tsp worcheshire sauce
- 2 tsp apple cider vinegar
- 1 tsp crushed red pepper flakes you can go down on this to 1/2 teaspoon if you like less heat.
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 cup finely chopped onion

### Instructions to Cook

First clean greens and get all dirt from them. Scrub off all grit and emerge in lukewarm water. Once fully cleaned bunch up greens and cut up into strips in horizontal position. Wash smoke meat of choice and emerge in water enough to cover. Cook on medium heat for about 1.5 hours until tender. Take out meat and cut into small pieces return it to pot with water from meat, cut up greens and other ingredients. Cook on a lower flame for about 45 minutes until done. Season to taste.

Anterior Heart Model



## Heart Disease: It Can Happen at Any Age

(<https://www.cdc.gov/>)

**Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often.**

### February is American Heart Month

**It is the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.**

**Nearly half of all Americans have at least one of the top three risk factors for heart disease: high blood pressure, high cholesterol, and smoking.**

### You Could Be at Risk

**These are many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages, as well:**

- **High blood pressure.** Millions of Americans of all ages have high blood pressure. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.
- **High cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and/or obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

**Smoking.** More than 35 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

## **On average, U.S. adults have hearts that are 7 years older than they should be.**

Other conditions and behaviors that affect your risk for heart disease include:

- **Obesity.** Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children and adolescents ages 2 to 19—have obesity.
- **Diabetes** causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. More than 1 in 10 people in the United States have diabetes.
- **Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 4 adults meet the physical activity guidelines of getting 150 minutes of moderate-intensity activity per week.
- **Unhealthy eating patterns.** Most Americans, including children, eat too much [sodium](#) (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. Only about 1 in 10 adults get enough fruits and vegetables each day. A diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.



# DO YOU CARROT ALL FOR ME?

BY AUTHOR UNKNOWN

Do you carrot all for me?  
My heart beets for you,  
With your turnip nose  
And your radish face,  
You are a peach.  
If we cantaloupe,  
Lettuce marry:  
Weed make a swell pear.

*weareteachers.com*



# Valentine's Day Word Scramble

**DIRECTIONS:** Unscramble the letters to form the names of 11 different Valentine's Day words. Then unscramble the shaded letters to answer the riddle.

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HAETR

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OLCHAOTEC

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DICPU

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MOEP

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LSWROFE

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BOLEDEV

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ANDCY

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EOEVNPLE

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RRABYUFE

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What did the boy bear say to the girl bear on Valentine's Day?




Name: \_\_\_\_\_



# Valentines Day Word Search



LOVE  
ADMIRER  
VALENTINE  
FLOWERS  
CHOCOLATES

CARD  
LOVE  
LOVEBIRDS  
CANDY  
BOUQUET

DOVES  
POEM  
PRESENTS  
ROSES  
FEBRUARY



# RIVERWAY OLDER ADULT CENTER

230 Riverdale Avenue, Brooklyn, NY 11212  
Phone:(718) 942-5345

OPEN Monday – Friday 8:30am -4:30pm

## OLDER ADULT CENTER STAFF

Ron Carson – **Dir. Of Field Operations**  
Leticia Knowles – **Program Manager**  
Dorothy Craig – **Case Manager**  
Pamela Parnell – **Administrative Asst.**

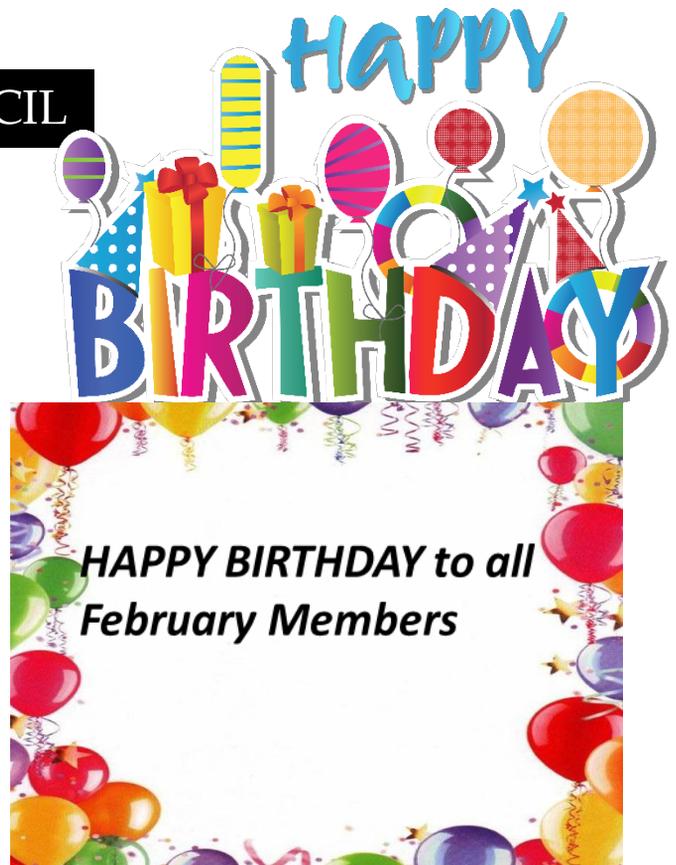
Paul Larue - **Driver/Kitchen Aide**  
Jamella Thomas – **Kitchen Aide**  
Robert Walker - **Maintenance**

## SENIOR ADVISORY COUNCIL

Dorothy Jefferson – **President**  
Linda Caldwell – **Vice President**  
Gemma Williams – **Secretary**  
Mildred Jasper – **Treasurer**  
Maxine Irby – **Co Treasurer**  
Vanessa Swain- **Bd Member**  
Luz Roman – **Bd Member**

### Friends of the Board

Donna Abrams  
L. Anderson  
Lorna Bynoe  
Elena Pascal  
Gina Spallina



### *Catholic Charities Mission Statement*

Catholic Charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of unity among all persons by seeking to develop caring communities.

*Funded by NYC Aging*