

JULY 2021



ST. LOUIS SENIOR CENTER CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

230 KINGSTON AVENUE BROOKLYN, NY 11213

T (718) 771-7945 F (718) 467-2524

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around!

We here at St. Louis Adult Center Truly welcome back You all!



NYC Department for
the Aging

4TH
OF **JULY**
— ★ ★ ★ —
INDEPENDENCE
DAY

Woo Hoo!
It's your
Birthday!
X

*Andre Gholston
James Plummer
Rita Antomez
Olga Vickerie
Rudolph Herbert
Mei Ying Deng
Allan Hayward
Clara Odom
Edna Trotman
Myrtle Lloyd
Rudolph Anderson
Ronald Simmons
Wilmot Chisholm
Claudia Battle
Mignon Williams
Hector Ramsay
Marie Wilson*



- 4 - Independence Day
- 6 - National Fried Chicken Day
- 11 - 7 Eleven Day
- 11 - World Population Day
- 13 - National Mac & Cheese Day
- 18 - National Ice Cream
- 20 - Moon Day
- 24 - Cousin's Day
- 25 - Parents' Day
- 29 - National Lasagna Day
- 30 - National Cheesecake Day

LUNCH MENU

(See attachment)

JULY ACTIVITIES

(See Attachment)

BROOKLYN SENIORS (60 or older) STAY HOME, BUT DO NOT BE ALONE.



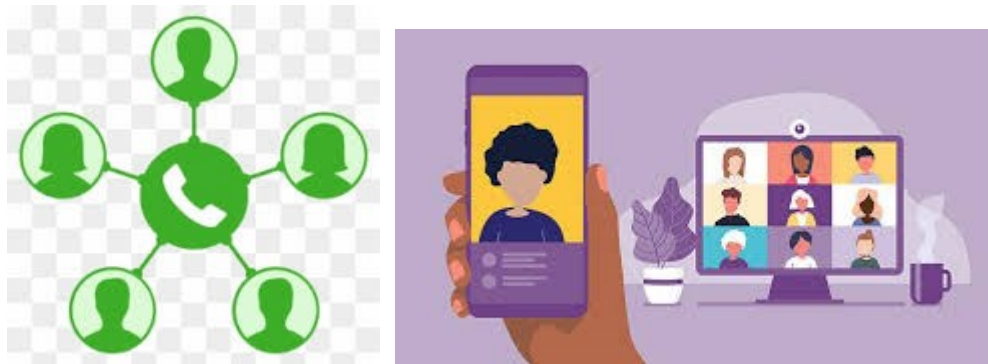
JOIN OUR **WEDNESDAY WORKSHOPS** FOR INTERACTIVE, EDUCATIONAL PRESENTATIONS TO HELP STAY SAFE, HEALTHY AND INDEPENDENT!

LEARN ABOUT A DIFFERENT TOPIC EACH WEEK.

WHEN: WEDNESDAY AT 2:00 P.M.

TO JOIN BY PHONE DIAL (518) 318-7642

TO JOIN BY VIDEO USE THIS LINK: <https://join.freeconferencecall.com/jlauer6>



IF YOU HAVE ANY QUESTIONS,

EMAIL OR CALL JULIE: j.lauer@jccgci.org or 646-460-7064

Presenter, Julie Lauer, LMSW provides Outreach and Education to seniors across the borough. Workshops may also be scheduled for groups throughout the week.

Brought to you by the Jewish Community Council of Greater Coney Island

ARE YOU 60 YEARS OLD OR OLDER?

Weill Cornell Medicine is looking for adults aged 60 or older for an in-person research study. The purpose of this study is to learn more about financial decision-making among older adults.

Participation will require a 2-3 hour in-person visit once a year for 3 years, to our offices.

You will be paid up to \$150 for your participation and you will be offered a roundtrip MetroCard for each visit (\$5.50 value).

If you are interested, call us for a brief, confidential phone interview to see if you are eligible.

Call:
(646) 962-7141



WCMC IRB
Approval Date: 07/10/2020
Expiration Date: 07/09/2021

 **Weill Cornell Medicine**
Geriatrics & Palliative Medicine

Financial Decision Making among Older Adults
IRB# 1804019183



Tuesday, July 20, 2021 at 11:00pm
JCCGCI Transportation and Other Transportation
Options for Seniors

Join Zoom Meeting

<https://zoom.us/j/99058447091?pwd=b3RhVmtUaVc5SGpQRjJuRzQzR3Jwdz09>

Meeting ID: 990 5844 7026

Passcode: 800982

One tap mobile

+16465588656,,99058447091#,,,,*800972# US (New York)

+13126266799,,99058447091#,,,,*800972# US (Chicago)

Dial by your location

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 990 5844 7026



Tuesday, July 20, 2021 at 11:00pm
Covid-19 Facts vs Fears

Join Zoom Meeting

<https://zoom.us/j/99058447091?pwd=b3RhVmtUaVc5SGpQRjJuRzQzR3Jwdz09>

Meeting ID: 990 5844 7091

Passcode: 800972

One tap mobile

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+1 253 215 8782 US (Tacoma)

Meeting ID: 990 5844 7091

BEAT THE HEAT *This* SUMMER

Monday, July 26, 2021 at 11am

Beat the Heat

Join Zoom Meeting

[https://zoom.us/j/93380905904?
pwd=OGQ0aXUvOTd6dS9KRUIqTWtUcGpTZz09](https://zoom.us/j/93380905904?pwd=OGQ0aXUvOTd6dS9KRUIqTWtUcGpTZz09)

Meeting ID: 933 8090 5904

Passcode: 084099

One tap mobile

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+13017158592,,93380905904#,,,,*084099# US (Washington DC)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 933 8090 5904

Passcode: 084099

Find your local number: <https://zoom.us/j/ahOQQu1Ho8>

Connecting w/your vision
Health care Services
(see attachment)

Grab and Go!
LUNCH
for
SENIORS

Monday - Friday

12 Noon - 1:30pm

First Come First Served

Summer Pasta

Makes 4 to 6 servings



Balsamic Vinegar Dressing (See below)

8 ounces cooked Turkey Breast, cut into julienne strips

4 ounces carrots, cut into julienne strips

4 ounces asparagus, diagonally sliced into 1-inch pieces

4 ounces spinach, chopped

12 ounces uncooked linguine, hot cooked and drained

Heat Balsamic Vinegar Dressing in large saucepan over high heat to boil. Add turkey, carrots, asparagus and spinach; reduce heat to medium. Cook 2 to 3 minute. Pour sauce over linguine in large bowl; toss gently to coat.

Balsamic Vinegar Dressing

1/2 cup Balsamic Vinegar

1/3 cup salad oil

Pinch of salt

1 sliced shallot

Pinch of sugar

Mix and toss (follow directions above)

Name: _____ Date: _____

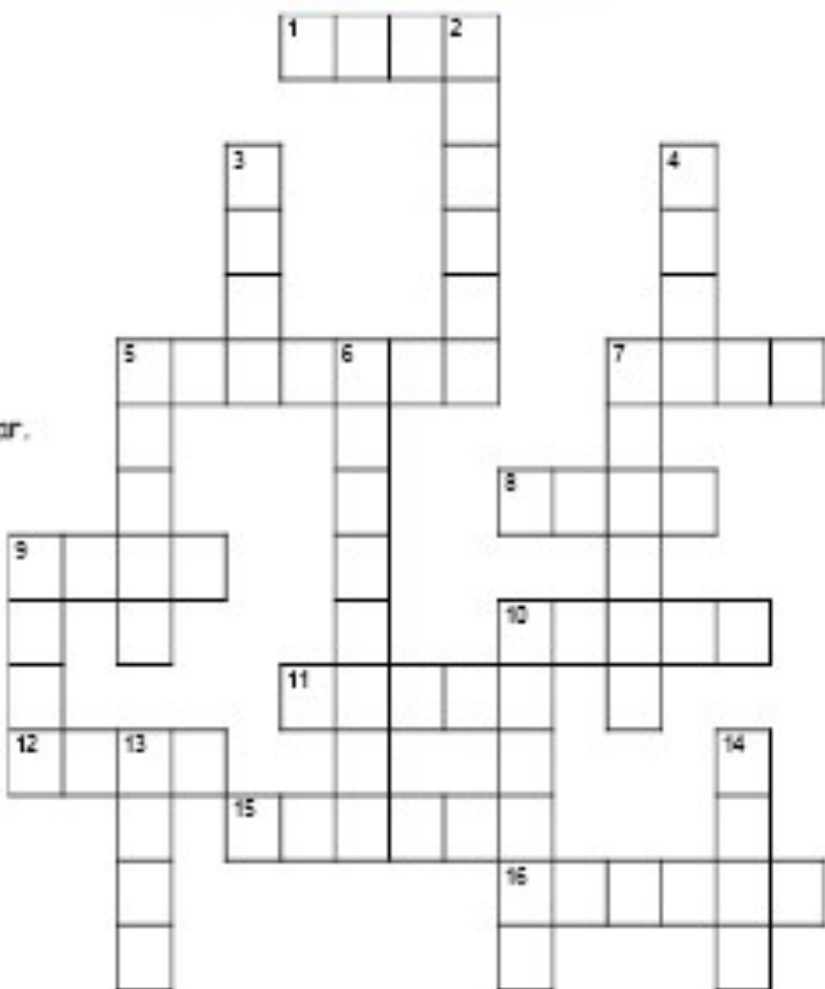


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM

4th of July Word Search



ADAMS
AMERICA
COLONY
COOKOUT
DECLARATION
EQUALITY
FIREWORKS
FOURTH

HAMBURGERS
HOTDOGS
INDEPENDENCE
JEFFERSON
LIBERTY
NATION
PARADE
PICNIC

REVOLUTION
RIGHTS
SPARKLERS
THIRTEEN
WASHINGTON

St. Louis Staff

Program Manager

Joseph Dupree

Case Manager

Gregory Laurenceau

Office Manager

Michelle Williams

Head Cook

Mildred Moore

Assistant Cook

Onica Cyrus

Maintenance

Troy Stephenson



Advisory Board Officers

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Vice President

Adelina Chase

Secretary

Bridget Duncan

Treasurer

Frances Langley

Essie Spivey

Mary Williams

Our Mission

Catholic Charities in the Diocese of Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society.

Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order which promotes justice and embraces human development.