

JULY 2021



CATHOLIC CHARITIES NEIGH-
BORHOOD SERVICES
**OZONE PARK SENIOR
CENTER**



Funded by NYC Department for the Aging

HIGHLIGHTS

Message from Sabrina to Ozone Park members

I want to welcome back all my lovely members lets do a happy dance. The center is now open to seniors with some restrictions. We currently have the capacity to have 25 seniors at a time and everyone must wear a mask when you come to the center. All members must maintain social distance of 6ft apart. I am looking forward to seeing you all eventually return. You were greatly missed.

IMPORTANT DATES:

July 4: Independence day

**July 5: Closed (4th of July
observed)**

UV Safety Month



SUMMER

Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number

CAHBE

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MAIRULBE

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BLAL

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NUS

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MAACER

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SAGESULSN

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DASN

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WAVSE

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TAH

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DANSSLA

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TOH

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HESLSL

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MOEBELNA

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YULJ

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17 18 19 20 21 22

Upcoming Events

Know that the center as reopened we will start having activities on site. We will just have limit seating. So if you would like to join in on these events please let us know in advance. Call the staff at 718-847-2100.

**Mondays: (10am) Trivia
(10:30m) Bingo
12pm) Lunch
(1pm)Discussion group**

**Tuesdays:(10am) Health Topic
(10:30m) Culture Group
(12pm) Lunch**

**Wednesdays: (9am) DVD exercise
(10:30m) Bingo
(12pm) Lunch
(1:30pm) Poetry reading**

**Thursday:((10am) Brain Teasers
(10:30m) Movie
(11am)Discussion group
(12pm) Lunch**

**Friday: (10am) Family feud
(11am) Stretching for Seniors
(12pm to 1pm) Lunch
(1:30 pm) Bingo**



4TH OF JULY

WORD SEARCH

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

America

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White

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ADULT COLORING



UV Safety Awareness Month

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month!

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. **Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. **Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. **Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Benefits of deep breathing

1

70% of toxins are released simply by breathing properly. If you aren't breathing properly, the toxins do not get released.

2

Releases tension. When you are afraid, stressed or nervous, your breathing pattern changes. Breathe slowly, purposefully and deeply to feel relaxed.

3

Relieves emotional distress. Clear out negative or confused feelings with a deep breath.

4

Eases your pain. Breathe in deeply, hold your breath and then visualize that pain leaving your body as you breathe out.

5

Improves your blood. Deep breathing releases carbon dioxide and increases oxygen supply, improving blood quality.

6

Elevates your mood. Breathing increases pleasure-inducing chemicals in your body.

HOW?

Count to 5. Inhale through your nose, expand your belly and feel your body being filled with healing energy.

Hold and count to 3. Feel the healing energy cycle through your body.

Exhale completely with a slightly open mouth, envision the toxins and negativities leaving your body count to 5.

Repeat until you are completely relaxed.



	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Apricot Glazed chicken Mashed Potatoes Roasted Zucchini Multigrain Bread Orange Juice	2 Fish w/mushroom, peppers, tomatoes Yellow Rice California Blend Vegetables Multigrain Bread Orange
	5 CLOSED INDEPENDENCE DAY	6 Turkey w/gravy Wild rice Sautéed String Beans Bread Banana Orange Juice	7 Herbed Roasted Pork Baked Sweet Potato Capri Blend Vegetables Bread Apple Juice Orange	8 Baked Salmon w/ cilantro citrus sauce Brown Rice Bread California blend Veg. Orange	9 Chicken Parmesan Pasta Steamed Spinach Bread Apple Orange Juice
	12 Salisbury Steak Garlic Mashed Potatoes Multigrain Bread Steamed Peas and Carrots Apple Orange Juice	13 Barbeque Chicken Corn Multigrain Bread California Blend Vegetable Orange Apple Juice	14 Spanish Roast Pork Multigrain Bread Yellow Rice and Pigeon Peas Kale w/tomatoes Orange Juice Plum	15 Stuffed Peppers w/ ground beef & Cheese Multigrain Bread Sautéed Spinach Orange	16 Oven Fried Tilapia Multigrain Bread Baked Sweet Potato Sautéed Zucchini Apple Juice Banana
	19 Beef Meatloaf Garlic Mashed Potatoes Multigrain Bread Italian Cut Green Beans Apple Orange Juice	20 Smothered Pork Chops Rice Pilaf Multigrain Bread Collard Greens w/Tomato Orange Juice Pear	21 Turkey meat Sauce Spaghetti Multigrain Bread Steamed Spinach Orange	22 Stewed Chicken White Rice Multigrain Bread Steamed Peas & Carrots Apple Juice Kiwi	23 Tilapia w/tomato sauce Multigrain Bread Egg Noodles Green bean Sauttee Orange
	26 Beef and Peppers Brown Rice Steamed Broccoli Multigrain Bread Apple Orange Juice	27 Asian Honey Chicken Multigrain Bread Chinese Spaghetti Oriental Vegetable Orange	28 Beef Lasagna Multigrain Bread Steam Spinach Orange Juice Plum	29 Baked Tilapia Red Bliss Potatoes Sautéed Zucchini Bread Orange	30 Italian Pork Tenderloin Baked Sweet Potatoes Collard Greens Bread Apple Juice Kiwi

MENU July 2021 (MENU SUBJECT TO CHANGE) All meals come with milk

• **RECIPE CORNER**-Watermelon Feta Flag Salad



INGREDIENTS: 12 servings

1/4 cup red wine vinegar

1/4 cup finely chopped red onion

1 tablespoon Dijon mustard

6 cups fresh arugula (about 5 ounces)

1 tablespoon grated lemon zest

1-1/2 cups fresh blueberries

1 teaspoon sugar

5 cups cubed seedless watermelon

1/4 teaspoon salt

1 package (8 ounces) feta cheese, cut into 1/2-in. cubes

1/4 teaspoon pepper

1/3 cup olive oil

DIRECTIONS

- 1. For vinaigrette, in a small bowl, whisk the first 6 ingredients; gradually whisk in oil until blended. Stir in onion. .**
- 2. In a large bowl, lightly toss arugula with 1/4 cup vinaigrette. Arrange evenly in a large rectangular serving dish. .**
- 3. For stars, place blueberries over arugula at the top left corner. For stripes, arrange watermelon and cheese in alternating rows. Drizzle with remaining vinaigrette. Serve immediately.**

Nutrition Facts

3/4 cup salad: 140 calories, 10g fat (4g saturated fat), 17mg cholesterol, 256mg sodium, 10g carbohydrate (7g sugars, 1g fiber), 4g protein.



Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others,
and avoid crowds.



Wash
hands often.



12/09/20

www.cdc.gov/coronavirus/vaccines

Walk-up COVID-19 Vaccinations for All New Yorkers

Check locations at nyc.gov/vcc or call 877-829-4692.



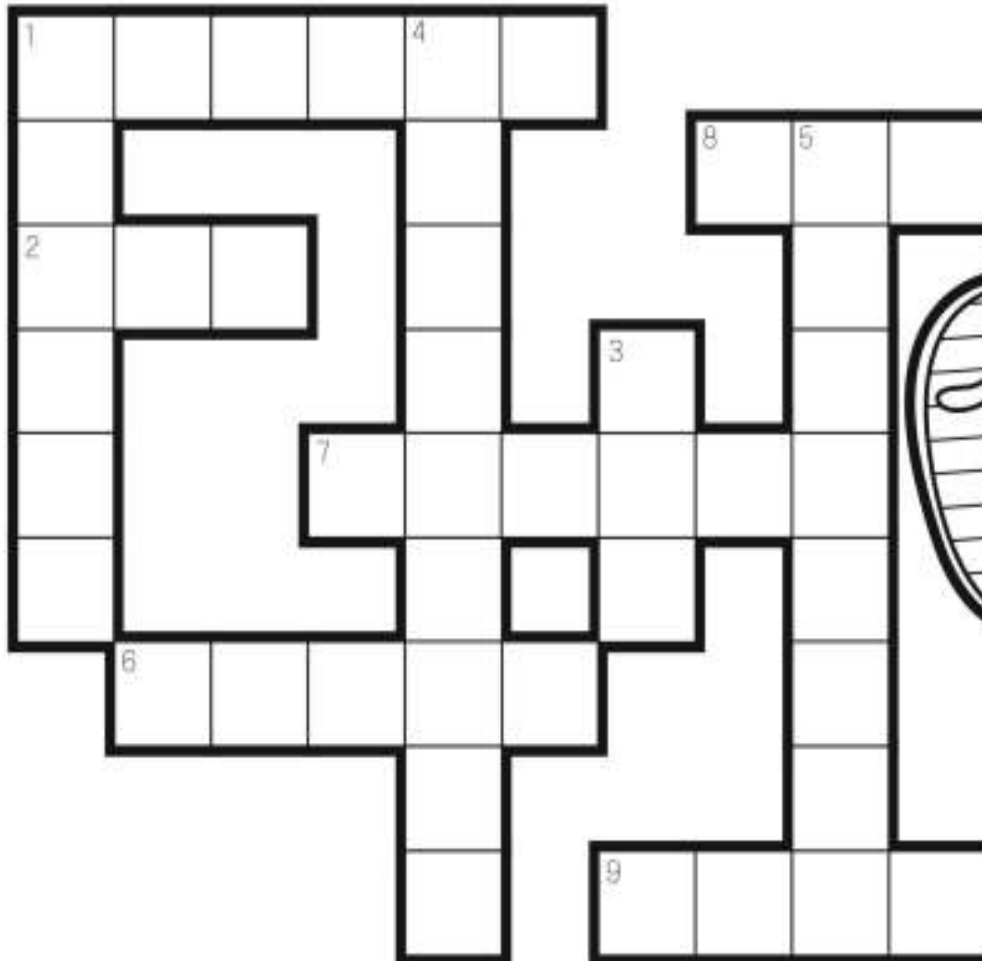
NYC VACCINE FOR ALL:
SAFE, FREE, EASY

NYC

SUMMER CROSSWORD

name:

Fill in the answers to complete the puzzle.



Today is the first day of (1 down) _____ break! My (2) _____ makes me pancakes for breakfast and then I clean my room. The sun is shining and it is nice and (3) _____ outside so I put on some (4) _____ and go out to play. My friend comes over and has a great idea! We fill some (5) _____ with (6) _____ and when I throw it at my friend it makes a giant (1 across) _____! We play all afternoon. My friend says, "I'm so glad we don't have (7) _____ for 3 whole months!" In the evening my dad comes home and pulls out his grill so we can (8) _____ for dinner. I know that this is going to be the (9) _____ summer break ever.

ANSWERS: 1 across: splash, 1 down: summer, 2 mom, 3 hot, 4: sunscreen, 5 balloons, 6 water, 7 school, 8 bbq, 9 best. WWW.DORKYDOODLES.COM

O Z O N E P A R K

103-02 101st Avenue
Ozone Park, NY 11416

Phone: (718) 847-2100 Fax: (718) 847-2166
Open Monday—Friday 8am—4pm

SENIOR CENTER STAFF

Sabrina Marson.....Program Manager
Tyrabia Duchatelier.....Case Manager
Donna Theodorou.....Office Manager
Tracy Douse.....Cook
Shantay Burden.....Assistant Cook
Edward KellyCustodian
VacantKitchen Aide



To all our members with a **July** birthday

From Ozone Park Staff

If you or your loved ones are interested in making a **bequest** to **Catholic Charities** for your senior center, please contact your **Program Manager** for more information. Your generous gift can ensure that we can continue to provide needed and quality services to older adults.

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.