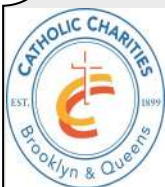


July 2021



**CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES INC**

**HILLCREST
SENIOR CENTER
91-34 182 PLACE
JAMAICA, NY 11423
718-297-7171**



WELCOME BACK!!!!

We are so thrilled to have our members back at the Hillcrest center. Boy did we miss you!!! For your safety we can only allow for a 25% capacity, but thankfully our new and modern center is quite large. If our attendance exceeds 25% capacity we can hold two sessions per day which will be a morning and afternoon session. We will also ask our staff and members to please wear their masks while at the center. We appreciate your patience as we do everything we can to ensure your safety. Finally, the center is in process of getting our final permits, so we hope to serve lunch on-site shortly. There is a possibility that this may happen in July, so keep checking in with us. In the meantime, my team will do everything possible to make your time with us enjoyable.

Funded by the NYC Department for the Aging

The CCNS Hillcrest Senior Center is excited to bring consultants back to the center!!!

In the following months we will be highlighting our wonderful new consultants. The first consultant is Gerard McNiff. He is one of our most popular consultants. Take one of his classes and you will understand why. Gerard makes exercise fun!!!



Hi. My Name is Gerard and I love exercising. I've been a certified senior fitness instructor for almost 10 years. I have been trained in a variety of different forms of exercise from aerobics and cardio, to resistance(strength), balance and Tai Chi. My work is mostly with members of adult centers throughout the city. I love working with this segment of the population(60+) because it gives me great joy watching others doing exercise with me in order to stay healthy and strong. There's no better feeling than to see someone's health improve because of exercise. I truly believe that health is wealth and movement is medicine.

Exercise changed my life. And I want to share with others how they too can make a positive impact on their own health and happiness by simply exercising. My job is done when you leave my class smiling.

Gerard's first class will be on July, 20, 2021. Review the monthly calendar for more new programming!!!



Case Manager's Corner



Beat the summer heat by finding out if you are eligible for the NYC Cooling Assistance Benefit: This benefit helps eligible households to buy and install an air conditioner or fan up to a cost of \$800

- The Cooling Assistance benefit opens **May 3, 2021**.
- Air conditioners are provided on a first-come, first-served basis to eligible applicants.
- Applicants are only eligible for a Cooling Assistance benefit once every five years.
- If eligible, a household can get only one air conditioner or one fan, and the cost can't go above \$800 including installation fees.
- The benefit is not applied to an electric bill or issued as a cash benefit.

FOR MORE INFORMATION, YOU CAN CALL 311 OR SPEAK WITH OUR CASE MANAGER, TRICIA JAMES AT 718-297-7171 FOR ASSISTANCE WITH THIS BENEFIT OR ANY OTHER SERVICE



Rincón de la Asistente Social

Combata el calor del verano descubriendo que es elegible para el beneficio de asistencia de enfriamiento de la ciudad de Nueva York: este beneficio ayuda a los hogares elegibles a comprar e instalar un aire acondicionado o un ventilador hasta un costo de \$ 800

El beneficio Cooling Assistance se abre el 3 de mayo de 2021.

Los acondicionadores de aire se proporcionan por orden de llegada a los solicitantes elegibles.

Los solicitantes solo son elegibles para un beneficio de Asistencia de enfriamiento una vez cada cinco años.

Si es elegible, un hogar puede obtener solo un aire acondicionado o un ventilador, y el costo no puede superar los \$ 800, incluidas las tarifas de instalación.

El beneficio no se aplica a una factura de electricidad ni se emite como un beneficio en efectivo.

PARA OBTENER MÁS INFORMACIÓN, PUEDE LLAMAR AL 311 O HABLAR CON NUESTRA Asistente Social, TRICIA JAMES AL 718-297-7171 PARA OBTENER AYUDA CON ESTE BENEFICIO O CUALQUIER OTRO SERVICIO

Farmers Market Coupons are coming!!!



In July the CCNS Hillcrest Senior Center will be receiving Farmer's Market Coupons to distribute to adults 60+ years of age who are income eligible.

All eligible persons will receive a total of \$20 in Farmer Market Coupons that can be redeemed at various Farmer's Market locations in Queens or throughout the five boroughs.

When the CCNS Hillcrest Center receives their coupons we will distribute them Monday-Friday between the hours of 10 am-2 pm. To allow for social distancing, we are asking seniors to call to schedule their appointment to receive their coupons.

Any questions, please call the Hillcrest center at 718-297-7171

!!! Los cupones de Farmers Market están llegando !!!



En julio, el CCNS Hillcrest Senior Center recibirá cupones de Farmer's Market para distribuir a los adultos de 60 años o más que cumplan con los requisitos de ingresos.

Todas las personas elegibles recibirán un total de \$ 20 en cupones de Farmer Market que se pueden canjear en varias ubicaciones de Farmer's Market en Queens o en los cinco condados.

Cuando el centro de CCNs Hillcrest reciba sus cupones, los distribuiremos de lunes a viernes entre las 10 am y las 2 pm. Llame al programa para hacer una cita para recoger sus cupones cuando lleguen.

**Si tiene alguna pregunta, llame al centro de Hillcrest
al 718-297-7171**

Great Things are coming to the Hillcrest Senior Center!!

July is the month of reawakenings...



Now that our members can come back to the center we are so fortunate to have our own advisory member, Justin Lewis acting as our Friday DJ to get you dancing to his Latin inspired music. We also have a new Karaoke machine, so you can have fun discovering your inner diva.

Our Welcome Back/Birthday party on Friday, July 30th will be the highlight of the month. To celebrate properly, we will have live music and of course birthday treats and surprises.



As Justin discovered you can have fun times volunteering for the center. If you are interested in volunteering, please seek out Debbie to discuss your options.

We can use volunteers for our Sunshine Committee, Welcome Committee and Outreach Committee to start.



**Featured Health Presentation by Oak Street Health
On July 23rd @ 10:00 am.**

Refreshments will be provided compliments of Oak Street Health

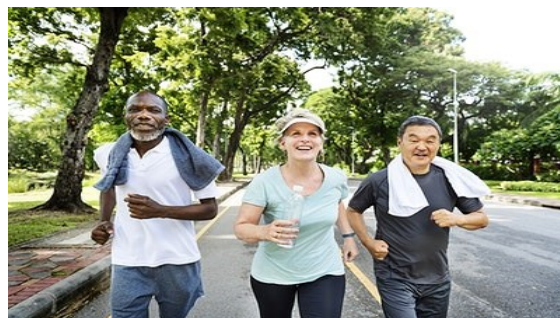
“Know Your Numbers”



Knowing key wellness numbers can be your first step towards prevention. By learning about what numbers and ranges you should be in and how you compare against “healthy” numbers, you can take actions towards maintaining or leading a healthy life.

Some of the more well-known chronic conditions like heart attack, stroke, kidney disease, and diabetes can be prevented by keeping your numbers in healthy ranges. These numbers include your blood pressure, cholesterol, blood sugar, and body mass index (BMI). So, what are healthy numbers to strive for?

Come to the health presentation to learn more....



Poet's Corner



With every smile
you show

By: Cynthia Groopman

With every smile you show,

It is like the spectacular sunrise's warmth of hope and majestic
golden glow.

A cheerfulness permeates every heart, soul and mind,
Only love and friendship deep inside of your heart you will find.

A radiance flamboyantly appears,
Calming the darkness of fright and fears.

So dear friends show the brightest smile today that
you possess,

For in that way you will gift others with inner happi-
ness.



Discover your inner poet!!

Any other members who is interested in posting their poems or an-
nouncements, please contact, Tricia at 718-297-7171.

Independence Day

INDEPENDENCE DAY

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



AMERICA
CELEBRATE
COUNTRY
DAY
DECLARATION
EVENT

FLAG
FREEDOM
HISTORY
INDEPENDENCE
JULY
PATRIOTIC

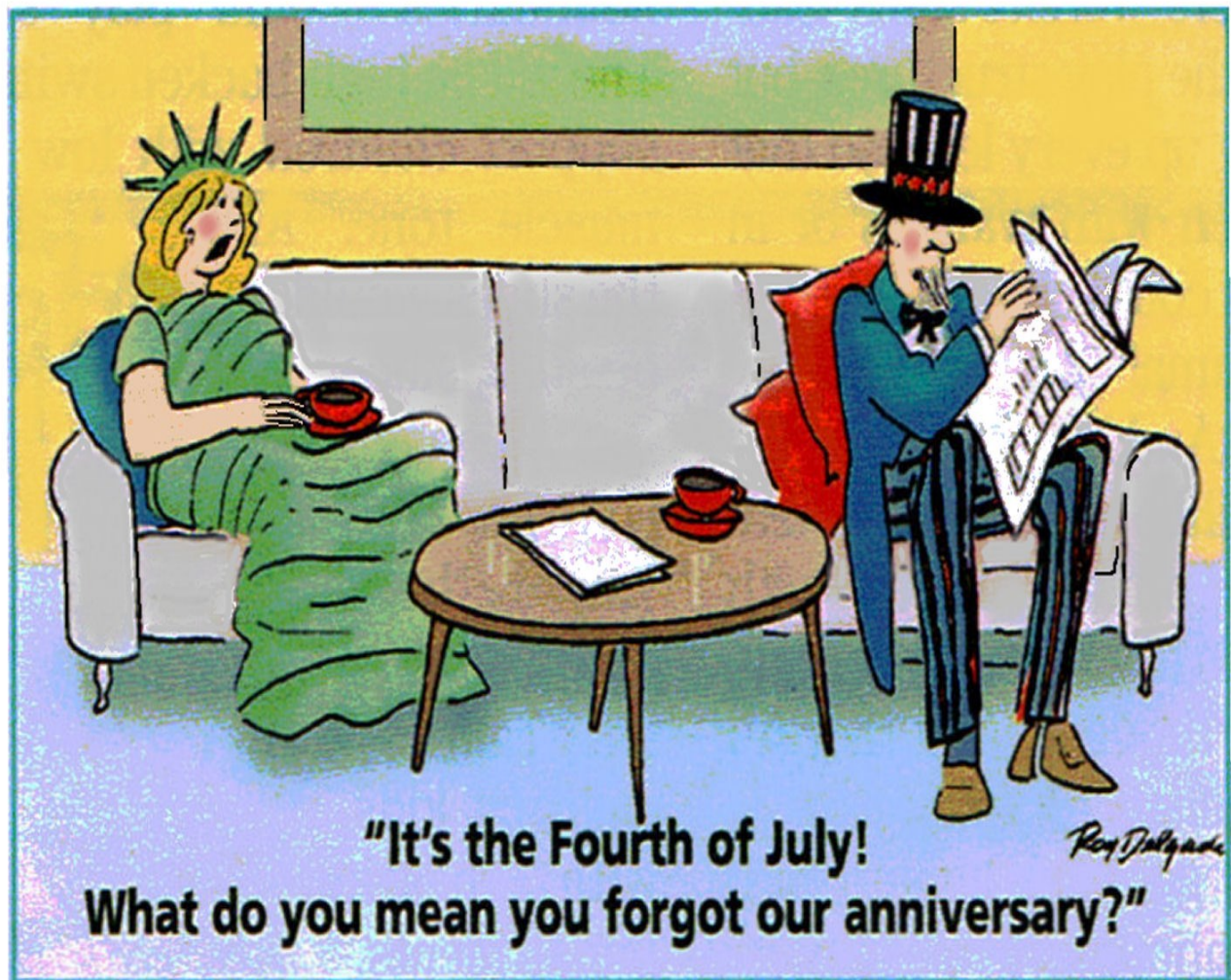
REMEMBER
STATES
UNITED



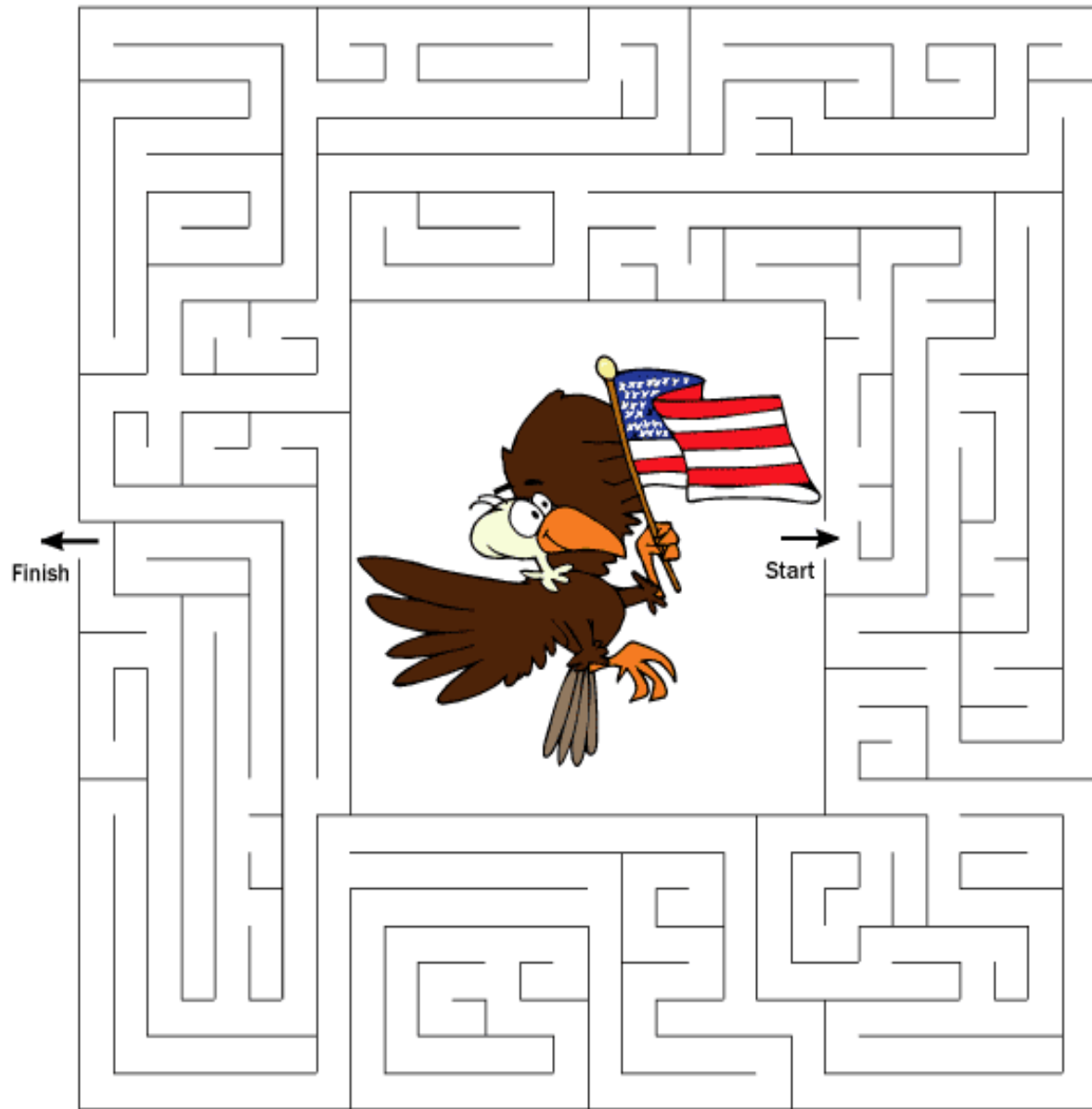
Adult Coloring



JUST FOR LAUGHS



JULY



omplet



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Keep Cool in the Summer Heat.

Every year, during the Summer months, people get sick from extreme heat, and some even die. Older adults 65 and over, are especially vulnerable to becoming sick from heat-related illness.

People with chronic illnesses, mental health conditions, who take certain medications, and are obese may be less likely to feel and respond to changes in temperature, which can aggravate the effects of a heat wave (temperatures in the 90's and above).

**SAFETY TIPS IN EXTREME HEAT -Wear appropriate clothes.
Choose loose fitting clothing, light weight, and light-colored. -
Stay in an air-conditioned space.**

If your home or apartment is not air-conditioned, go to a store, local senior center or public library. Call 311 to ask about the locations of NYC cooling centers near you. -Fans are not enough to protect you from heat-related illness in a heat wave. It is more helpful to take a shower or a bath to cool off. -Don't wait until you are thirsty to drink. However, if your doctor asked you to limit the amount of fluid you drink, or you are taking water pills, ask how much you should drink when it's hot. Don't drink sugary, or alcoholic beverages, these cause you to lose more fluid.

Warning: If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, ask your doctor before drinking sports beverages. **HEAT-RELATED ILLNESS** It is important to know the symptoms of heat-related illness, it could save a life. Below are some tips on how to prevent heat-related illness: Heat Stroke: this happens when the body's temperature rises quickly, which can lead to death. Call 911, or go to the emergency room, if you, or someone else has these symptoms: Hot, dry skin, nausea or vomiting, confusion, hallucinations, disorientation, loss of consciousness, trouble breathing, fast pulse, weakness, or dizziness Heat Exhaustion: if you or someone else has these symptoms, remove extra clothes and drink lots of water: Heavy sweating, cold/clammy skin, muscle cramps, lightheadedness, headache, decreased energy, loss of appetite, or nausea.

For Additional Information Go To: <https://www.health.ny.gov/environmental/emergency/weather/hot/> Additional Resource: If you don't have an air-conditioner, you can apply for a FREE one by August 31st, 2021. You can call 311 or ask our Case Manager, Tricia to assist you with the application.

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
28 **The computer lab is open for members to use. If you need assistance, please ask our staff members	29	30	1 10:30 Yoga 10:45 Paint by numbers 12:00 Bingo	2 10:30 Chair exercise 11:30 DJ Justin Dancing & Karaoke
5 Center is closed for Independence Day Holiday	6 10:30 Meditation 11:30 Nutrition Bingo	7 10:45 Trivia 11:15 Zumba 1:00 Movie	8 10:30 Yoga 10:45 Paint by numbers 12:00 Bingo	9 10:30 Chair exercise 11:30 DJ Justin Dancing & Karaoke
12 10:30 Chair Aerobics 11:30 Travel to France with Rick Steves 1:00 Paint by numbers or adult coloring	13 10:30 Meditation 11:30 Bingo	14 10:45 Trivia 11:15 Zumba 1:00 Movie	15 10:30 Yoga 10:45 Paint by numbers 12:00 Bingo	16 10:30 Chair exercise 11:30 DJ Justin Dancing & Karaoke
19 10:30 Chair Aerobics 11:30 Travel to Italy with Rick Steves 1:00 Paint by numbers or adult coloring	20 11:15 Tai Chi with Gerard 11:30 Nutrition Bingo	21 10:15 Exercise & Strength training/SAIL with Gerard 12:30 Trivia 1:00 Movie	22 10:30 Yoga 10:45 Paint by numbers 12:00 Bingo	23 10:00 "Know Your Numbers" Health Presentation by Oak Street Health-Clinic 11:30 DJ Justin Dancing & Karaoke
26 10:30 Chair Aerobics 11:30 Travel to Greece with Rick Steves 1:00 Pant by numbers or adult coloring	27 11:15 Tai Chi with Gerard 11:30 Nutrition Bingo	28 10:15 Exercise & Strength training/SAIL with Gerard 12:30 Trivia 1:00 Movie	29 10:30 Yoga 10:45 Paint by numbers 12:00 Bingo	30 10:30 Meditation 12:00 Welcome Back/ Birthday party with live Music from Richard Parisimo

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Fun Facts About Independence Day



We've compiled some fun facts about Independence Day that you can use to impress your friends while watching fireworks and celebrating America's birthday.

- Thomas Jefferson drafted the Declaration of Independence on a “laptop” – that is, a writing desk that could fit in his lap.
- Jefferson changed the wording of the Declaration of Independence from “the pursuit of property” to “the pursuit of happiness.”
- John Adams and Jefferson, both signers of the Declaration of Independence, died on July 4, 1826. James Monroe also died on July 4th in 1831.
- Only two people actually signed the Declaration of Independence on July 4, 1776 – John Hancock and Charles Thompson.
- Congress declared July 4th as an official holiday in 1870 as part of a bill to officially recognize other holidays, including Christmas.
- At 27, Thomas Lynch, Jr., was the youngest signer of the Declaration of Independence; Ben Franklin, age 70, was the oldest signer.
- The oldest, continuous Independence Day celebration in the United States is the 4th of July Parade in Bristol, Rhode Island which began in 1785.
- The *Pennsylvania Evening Post* was the first newspaper to print the Declaration of Independence.

Americans began observing the Fourth of July as early as 1777 with a celebration in [Philadelphia](#) that included a parade, a thirteen-shot cannon salute, and fireworks.

Eight of the 56 signers of the Declaration of Independence were born in [Britain](#).

I want to thank Eugenie Bermudez for her donation of the beautiful plants which bring glorious life to our new dining room.



HILLCREST SENIOR CENTER

91-34 182 Place
Jamaica, NY 11423

Phone: (718) 297-7171
Open Monday—Friday 9am—5pm

SENIOR CENTER STAFF

Debra Hoffer.....Acting Program Manager
Tricia James.....Case Manager
Gerald CodgellCustodian
Maria Rodriguez.....Kitchen Aide



Happy Birthday!

To all our members with a July birthday:

If you would like us to announce your birthday, anniversary or another special celebration to your fellow members, please call us!!!

Happy Birthday Wishes to: Victoria, Sandra, Anita, Dorothy, Lucy, Edith, Felipa, Nenita, Juanita & Willie



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

Funded by the NYC Department for the Aging