



Senior Voices

July/ Julio 2021

CATHOLIC CHARITIES NEIGHBORHOOD
SERVICES

WOODHAVEN-RICHMOND HILL SENIOR CENTER

89-02 91st Street Woodhaven, NY 11421

Phone # (718) 847-9200

OPEN MONDAY THRU FRIDAY FROM 8:30AM TO 4:30PM

A Message From Emily: Un Mensaje de Emily

Hi Everyone,

We are now opened for in-person activities but with limited seating. We are also starting Grab and Go Meals in July. It is first come first serve due to limited of meals we can provide. For more information about our activities and meals please contact the center. Even though we are short in staff I am still here to assist you with any benefits and entitlement needs. Please make an appointment with me if you need any case assistance. On behalf of the Woodhaven-Richmond Hill Senior Center we wish you a Happy Fourth of July!

Thank you and Stay Safe!

Emily

HAPPY
4th OF
JULY

Come in We're
OPEN

Welcome Back!

Current Daily Activities

Monday- 9-11am- Puzzles
11:30-12:30– Grab and Go
1-3pm- Bingo

Tuesday- 9-11am- DVD Exercise
11:30-12:30- Grab and Go
1-3pm- Health Talks

Wednesday- 9-11am- Coloring
11:30-12:30- Grab and Go
1-3pm- Bingo

Thursday- 9-11am- Movies
11:30-12:30- Grab and Go
1-3pm- Discussion Group/ Current Events

Friday- 9-11am-Music Appreciation
11:30-12:30- Grab and Go
1-3pm- Bingo



For your safety and of others everyone has to social distance so seating is limited.

Our daily activities are subject to change. Feel free to call our center at 718-847-9200 if you have any questions. Thank you!

Keep In Mind... Tenga en Mente...

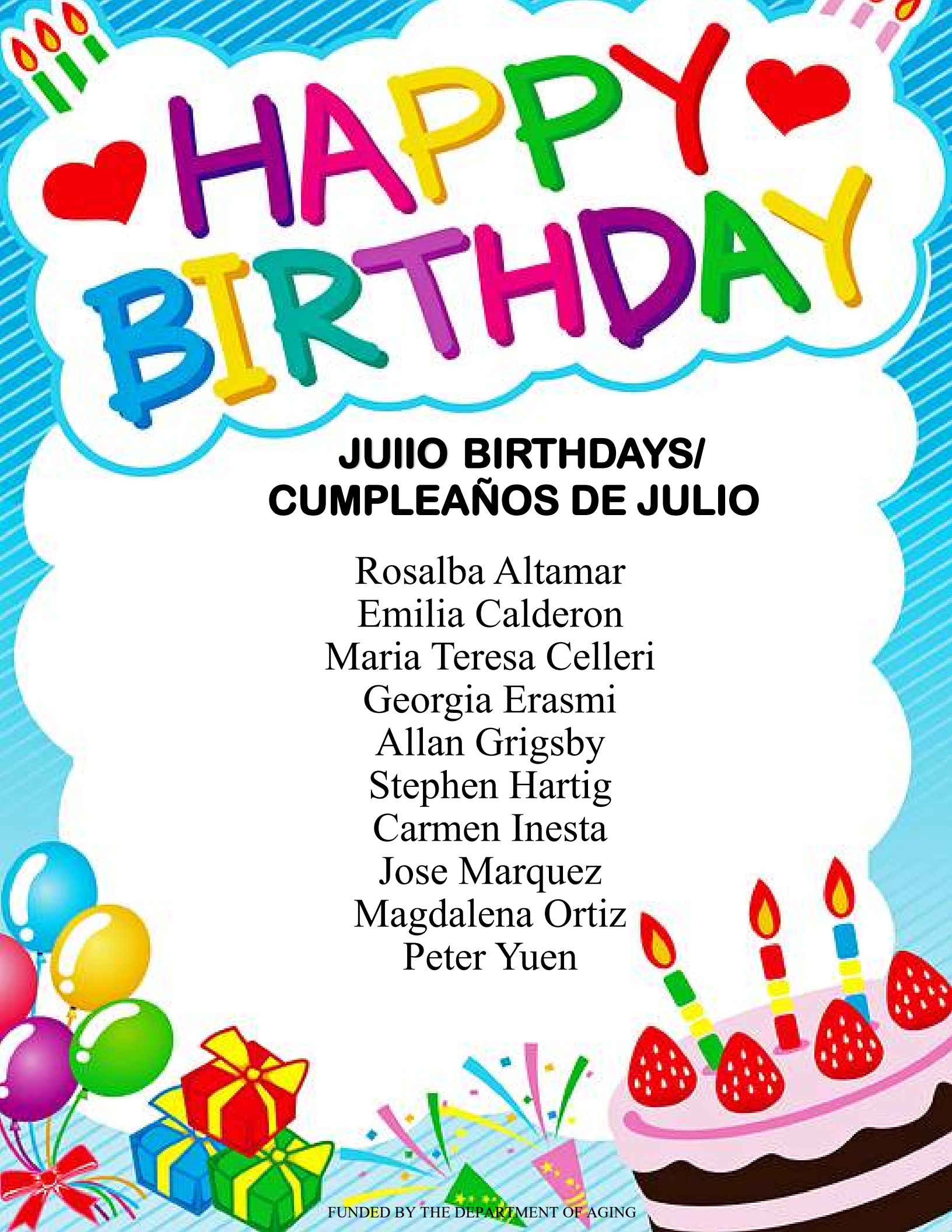
Important Dates

*Independence Day- July 4th, 2021
(Office is Closed July 5th 2021)*

WOODHAVEN NEIGHBORHOOD SENIOR CENTER

MENU July 2021 ()

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 Apricot Glazed Chicken Multigrain Bread Instant Mashed Potatoes Roasted Zucchini Apple Orange Juice Milk, low fat, 1%	2 Fish with Mushrooms, Peppers and Tomatoes Multigrain Bread Yellow Rice California Blend Vegetables Orange Milk, low fat, 1%	3
4	5 Center Closed	6 Turkey with Gravy Whole Grain Stuffing Whole Wheat Dinner Roll Sautéed String Beans Apple Orange Juice Milk, low fat, 1%	7 Herb Roasted Pork Roast Multigrain Bread Baked Sweet Potato Capri Blend Vegetables Apple Juice Orange Milk, low fat, 1%	8 Baked Salmon with Cilantro Citrus Sauce Brown Rice (1/2 cup) Multigrain Bread California Blend Vegetables Orange Milk, low fat, 1%	9 Chicken Parmesan Multigrain Bread Pasta (1/2 cup) Steamed Spinach Apple Orange Juice Milk, low fat, 1%	10
11	12 Salisbury Steak Multigrain Bread Garlic Mashed Potatoes Steamed Peas and Carrots Apple Orange Juice Milk, low fat, 1%	13 BBQ Chicken Multigrain Bread California Blend Vegetables Corn Apple Juice Orange Milk, low fat, 1%	14 Homemade Roast Pork Spanish Style Multigrain Bread Yellow Rice and Pigeon Peas Kale with Tomato Apple Orange Juice Milk, low fat, 1%	15 Ground Beef Stuffed Bell Peppers with Cheese Multigrain Bread Sautéed Spinach Orange Milk, low fat, 1%	16 Oven Fried Tilapia Multigrain Bread Roasted Red Potatoes/ Parsley Potatoes Sautéed Zucchini Apple Juice Banana Milk, low fat, 1%	17
18	19 Beef Meatloaf Multigrain Bread Garlic Mashed Potatoes Italian Cut Green Beans Apple Orange Juice Milk, low fat, 1%	20 Turkey Meat Sauce Multigrain Bread Spaghetti Steamed Spinach Orange Juice Pear Milk, low fat, 1%	21 Smothered Pork Chops Multigrain Bread Baked Potatoes Collard Greens with Tomato Orange Milk, low fat, 1%	22 Stewed Chicken Multigrain Bread Steamed Peas and Carrots White Rice Apple Juice Kiwi Milk, low fat, 1%	23 Baked Tilapia with Rustic Tomato Sauce Egg Noodles Multigrain Bread Green Bean Sauté Orange Milk, low fat, 1%	24
25	26 Beef and Peppers Brown Rice (1/2 cup) Multigrain Bread Steamed Broccoli Apple Orange Juice Milk, low fat, 1%	27 Baked Asian Style Honey Chicken Chinese Style Spaghetti Multigrain Bread Oriental Blend Orange Milk, low fat, 1%	28 Beef Lasagna Multigrain Bread Steamed Spinach Apple Orange Juice Milk, low fat, 1%	29 Baked Tilapia Multigrain Bread Red Bliss Potatoes Sautéed Zucchini Orange Milk, low fat, 1%	30 Italian Roasted Pork Tenderloin Multigrain Bread Baked Sweet Potato Collard Greens Apple Juice Kiwi Milk, low fat, 1%	31



HAPPY BIRTHDAY

JULIO BIRTHDAYS/ CUMPLEAÑOS DE JULIO

Rosalba Altamar
Emilia Calderon
Maria Teresa Celleri
Georgia Erasmi
Allan Grigsby
Stephen Hartig
Carmen Inesta
Jose Marquez
Magdalena Ortiz
Peter Yuen

Name: _____

July Word Search



JULY

INDEPENDENCE

JULY FOURTH

PARADES

UNITED STATES

RUBIES

FIREWORKS

WATER LILY

CANCER

LEO

JULIUS CESAR

REVOLUTION

FREEDOM

PATRIOTISM

HOLIDAY



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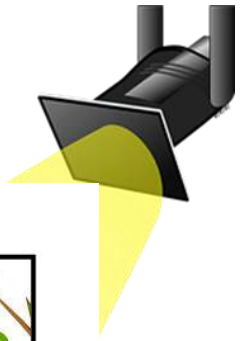


Coloring Page/ Página para Colorear





Poem of the Month



THE OUTDOOR MONTH

by Lenore Hetrick

July is the regular outdoor month.
He's the king of the calendar, don't you think?
Bright, blue sky – fresh, strong winds –
And a golden sun that makes you blink.

A lake where the water steals from the sky
Its bluest color, its white cloud ships,
And thick green trees beneath whose shade
Time doesn't pass but just gently slips.

A swim in the morning with the sun coming up,
A hike in the scented woods at noon,
Canoeing in the later hours,
And another swim beneath the moon.

Living outdoors is so much fun!
Just living beneath the open sky.
Clouds in the daytime and stars at night,
With the whole wide universe drifting by.



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Health and Safety Tips

HealthinAging.org

Trusted Information. Better Care.

Expert Information from
Healthcare Professionals Who
Specialize in the Care of Older Adults

TIP
SHEET

Hot Weather Safety Tips for Older Adults

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It's Too Darn Hot

80°

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

■ **STAY AWAY** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

■ **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

■ **DRESS APPROPRIATELY.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

■ **AIR CONDITIONING** is your friend in summer. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

■ **DID SOMEONE SAY SUNBURN?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

■ **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

Dehydration

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics ("water pills"), you should also call your healthcare provider for a follow-up.

Heat stroke

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

Heat exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope

What it is: Fainting caused by high temperatures.

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.

Consejos de Salud y Seguridad

HealthinAging.org

Trusted Information. Better Care.

Expert Information from
Healthcare Professionals Who
Specialize in the Care of Older Adults

**TIP
SHEET**

Consejos de Seguridad Para Los Adultos Mayores Durante el Clima Caliente

Todos sabemos que los climas calientes pueden ser peligrosos. Esto es especialmente verdad para los adultos mayores. Cada verano, cerca de 200 americanos mueren de problemas de salud causados por mucho calor y humedad. La mayoría de esas personas son individuos de 50 años o mayores. Altas temperaturas son más propensas a causar problemas de salud para adultos mayores por variadas razones. Estas razones incluyen cambios físicos relacionados con el envejecimiento en el cuerpo, condiciones crónicas de salud, y hasta efectos secundarios de algunas medicinas.

Manteniendose Seguro Cuando Esta Muy Caliente

90°

Cuando la temperatura asciende por encima de 90 grados Fahrenheit, adultos mayores deben ser proactivos y tomar precauciones. Averigüe la temperatura de afuera en los días de verano. Si esta está por encima de los 90 grados, deben tomar en consideración los siguientes consejos:

■ **MANTEGASE FUERA DEL SOL** si le es posible. Si le es posible espere hasta que el sol desaparezca o espere hasta temprano en la siguiente mañana. Ajustando cuando usted sale afuera puede significar un cambio de varios grados.

■ **MANTENGASE HIDRATADO.** Tome abundante cantidad de agua fresca, jugos claros y otros líquidos que no contengan alcohol o cafeína. Alcohol y cafeína lo pueden deshidratar.

■ **VISTASE APROPIADAMENTE.** Siempre que pueda trate de verse con ropa holgada y de colores claros (las ropas oscuras absorben calor). ¡Use un sombrero ligero con alas anchas y usted está vistiendo como un profesional! Esos simples cambios le pueden ayudar a mantenerse fresco y evitar quemaduras de sol.

■ **AIRE ACONDICIONADO ES SU AMIGO.** Manténgase en espacios con aire acondicionado. Si no tiene aire acondicionado, entonces vaya a un lugar que si tiene aire acondicionado. Lea un libro en la biblioteca, camine en las galerías de las tiendas, vaya al cine, o encuentre con sus amigos en un centro para adultos mayores. (NOTA: El programa federal de asistencia de energía a los de entrada monetarias bajas (LIHEAP) ayuda a personas de 65 o más años que tienen entradas económicas limitadas con el pago de aires acondicionados y pagos de otras utilidades. Para contactarlos llame al 1-866-674-6327.)

■ **¿ALGUIEN HA DICHO QUEMADURA SOLAR?** Use crema contra el sol de amplio espectro factor (SPF) de 15 o más alto.

■ **REFRESQUESE:** Tome vanos tibios (no muy fríos ni muy calientes) así como duchas o vanos de esponja cuando tenga calor. Si no tiene el tiempo, entonces use una toalla de mano o toalla con agua fresca y colóquelos en sus muñecas, tobillos, axilas, y su cuello.

Como identificar y tratar problemas de salud causados por el calor

Es importante reconocer cuando el clima caluroso le está enfermando y cuando buscar ayuda. Aquí tiene una lista de los problemas causados por el calor:

Deshidratación

¿Que es esto? Pérdida de agua de su cuerpo. Puede ser muy seria si no es tratada.

Signos de aviso Debilidad, dolor de cabeza, calambres musculares, mareos, confusión y pérdida del conocimiento.

¿Que debe hacer? Llame a su proveedor de salud o al 911. Mientras tanto tome mucha agua y si es posibles líquidos de deportes como Atorada que contiene importantes sales llamados "electrolitos." Dentro de otras cosas, electrolitos juegan un papel regulando sus pulsaciones del corazón. Su cuerpo pierde electrolitos cuando usted está deshidratado.

Golpe o ataque de calor

¿Que es esto? Un aumento de temperatura de su cuerpo. Esto puede ser mortal.

Signos de aviso Una temperatura de su cuerpo de 103 grados o más; enrojecimiento, calor y piel seca; pulso rápido; dolor de cabeza; mareos; náusea; vómitos; confusión o pérdida del conocimiento.

¿Que debe hacer? Llame al 911 inmediatamente. Muévase a un sitio fresco y de sombreado y desvístase o afloje sus ropas más gruesas. Si es posible, humedézcase con agua fresca o póngase ropa mojadas con agua fresca en sus muñecas, tobillos, axilas o sobacos, cuello para bajar su temperatura. Trate de ver si puede tomar agua o líquidos deportivos. **NOTA:** Si usted está cuidando a alguien con ataque de calor, solo dele de beber o tomar solo si están despiertos y pueden tragar.

Cansancio por el calor (exhausto)

¿Que es esto? Un problema de salud causado por calor y deshidratación. Si no es tratado esto puede llegar a un ataque de calor; (vea mas arriba).

Signos de aviso Sudoración profusa o no sudar, calambres musculares, cansancio, debilidad, palidez, piel fría y húmeda, mareos, dolor de cabeza, náusea o vómitos, pulso rápido y débil, y pérdida del conocimiento.

¿Que debe hacer? Sin dilatarse, muévase a un sitio fresco y sombreado y beba o tome muchos líquidos frescos tales como agua o bebidas deportivas. Llame al 911 de una vez si tiene presión alta o problemas del corazón o si no se mejora rápidamente después de tomar líquidos frescos o estar en un área sombreada.

Calor y síncope

¿Que es esto? Pérdida del conocimiento causado por altas temperaturas.

Signos de aviso Mareos o confusión.

¿Que debe hacer? Acuestese y levante los pies y tome o beba mucha agua y otros líquidos frescos.



40 FULTON STREET
18TH FLOOR
NEW YORK, NY 10038
212.308.1414 TEL
212.832.8646 FAX
Info@healthinaging.org

DISCLAIMER: Esta información no está para hacer diagnósticos de sus problemas de salud o tomar el lugar de consejos o cuidados médicos que son provistos por su proveedor de salud. Siempre consulte su proveedor de salud acerca de sus medicinas, síntomas y problemas de salud. Noviembre 2017

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WOODHAVEN-RICHMOND HILL SENIOR CENTER

89-02 91st Street
Woodhaven, NY 11421

Phone: (718) 847-9200
Open Monday—Friday 8:30am—4:30pm

SENIOR CENTER STAFF

Annie LiuDirector of Operations
Emily Zuniga.....Program Manager
.....Case Manager
Donna Theodorou.....Office Manager
..... Transportation Specialist
.....Custodian
John KapicaDriver
Daniel Persaud.....Driver

ADVISORY COMMITTEE

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Rosa Nunez	Vice President
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Carmen Inesta	Secretary
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Phil Demino	Fire Guard

Sunshine Club

JoAnn Bartos
Carmen Inesta

IN PERSON ACTIVITIES ARE BACK AT WOODHAVEN -RICHMOND HILL SENIOR CENTER BUT WITH LIMITED SEATING FOR SOCIAL DISTANCING. NO CONGREGATE MEALS AT THIS TIME BUT YOU CAN PICK UP A LUNCH MEAL AND TAKE IT HOME. FOR MORE INFORMATION PLEASE CALL 718-847-9200.

All Woodhaven-Richmond Hill Seniors have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

We welcome seniors ages 60 and up.

The Center is wheelchair accessible

Damos la bienvenida a personas mayores de 60 años en adelante.

El Centro es accesible para sillas de ruedas

ENGLISH, CHINESE & SPANISH SPOKEN/ SE HABLA INGLÉS, CHINO Y ESPAÑOL

Catholic Charities Mission Statement

Catholic Charities of 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 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

Caridades Catolicas Brooklyn & Queens | Nuestra Mision

Caridades Católicas en la Diócesis de Brooklyn y Queens traducen el Evangelio de Jesucristo en acción al afirmar la dignidad y el valor de cada persona, especialmente los miembros más vulnerables de nuestra sociedad diversa.

Caridades Catolicas desarrolla respuestas efectivas a las necesidades humanas y se une a todas las personas de buena voluntad para abogar por un orden social que promueva la justicia y abrace el desarrollo humano.



Department of Youth & Community Development

Free English Classes



Remote and In-Person Classes
Day Classes



Contact us
718-726- 9790 Ext.3033/3031



42-71 65th Place
Woodside, Queens, NY 11377



Everyone is welcome

Register Now

Clases de Inglés Gratuitas



Clases en persona y en línea
Clases en la Mañana



Contáctanos
718-726- 9790 Ext.3033/3031



42-71 65th Place
Woodside, Queens, NY 11377



Todos son Bienvenidos

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與我們聯繫
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42-71 65th Place
Woodside, Queens, NY 11377



歡迎所有人

现在开始

무료 영어 수업



온라인 수업 가능
데이



문의하기
718-726- 9790 Ext.3033/3031



42-17 65th Place
Woodside, Queens, NY 11377



모두 환영합니다

지금 시작하기

FREE ENGLISH CLASSES

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# 180419183

¿ES USTED MAYOR DE 60 AÑOS?

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

Weill Cornell Medicine está buscando adultos con 60 años o más para un estudio de investigación en persona. El propósito de este estudio es conocer más acerca de la toma de decisiones financieras entre adultos mayores.

La participación requerirá una visita personal a nuestras oficinas, con una duración de entre 2 y 3 horas una vez al año durante 3 años.

Usted recibirá una compensación de hasta \$150 por su participación, y se le ofrecerá una MetroCard con un viaje de ida y vuelta (valor de \$5.50) por cada visita.

Si está interesado, llámenos para una breve entrevista telefónica confidencial, para saber si es elegible.

Llame al:

646-962-7141



Weill Cornell Medicine
Medicina Geriátrica y Paliativa

Toma de Decisiones Financieras entre Adultos Mayores
IRB# 180-019183