

The BEST VIEW comes after the Hardest CLIMB

The Bay Senior Center

3643 Nostrand Avenue

Brooklyn, New York 11229

Tel (718) 648-2053

NEW PROGRAMS, WORKSHOPS AND EXERCISES are available with ZOOM and on Phone Conferences.

Please call center for dates and times of these events.



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

Catholic Charities Neighborhood Services, Inc. Funded by the New York City Department for the Aging. 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.

Dear friends,

Well it has been a long time coming but I can finally say that we are inching our way back to some sort of normalcy. Firstly, and most importantly, I hope that everyone received their vaccine or vaccines depending on which one you took. As you know the numbers in the country and especially in N.Y. are down and that is thanks to the people who did the hard work of vaccinating and being careful not just for themselves but for others as well.

We are currently serving up to 25 per cent in house for lunch. That means that if you would like to have lunch in the center, we will serve about a dozen people in each room very far apart from one another. We are also doing grab and go. That means that from 12:15-1:30 we will give you a lunch to go for you to eat in your own home. In both cases temperatures of seniors will be taken and all precautions will be adhered to. We are also asking for a \$1 contribution for lunch as we did in the past. Slowly, we will be resuming activities at the center. For example, bingo will be Thursday morning at 10:00 for an hour before lunchtime and will be limited to approximately 12 people. Slowly, we will be adding lectures, presentations and eventually exercise in the center. For lunch, please call in advance to let us know whether you want to eat in or take out so that we have an idea of how much we need to prepare. As you can see, things change all the time so stay tuned to the next round of changes that will take place at the center. Stay healthy.

Love Sharon Retkinski

Program manager

THE BAY SENIOR CENTER

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Catholic Charities Neighborhood Services & NYC Department for the Aging

Activities to Brighten Your Day During the COVID-19 Pandemic

*Zumba with Geri Time and Date to be Announced

Tuesdays at 9:00 AM Zoom 975 1783 0232

*Aerobic Class Time and Date to be Announced

Tuesdays at 10:00 AM Zoom 963 9324 4364

*Qi Gong Time and Date to be Announced

Thursday at 9:30 AM Zoom 9462254 9179

CONFERENCE CALL (701) 802-5238 ACCESS CODE 3235213#

Coping with Your Feeling – Monday at 10:00 AM

Alert & Alive - Mondays at 11:00 AM

Current Events - Wednesdays at 10:00 AM

Trivia Pursuit - Fridays at 10:00 AM

Art & Crafts - Creative Care Package delivered Sponsored by
SU-CASA Brooklyn Art Council;

Courtesy of Amanda Friedman, tel. (347) 986-9119

Robert Sultanik is inviting you to a scheduled Zoom meeting.

Topic: Sharing Reflections- sponsored
Brooklyn Public Library : First & Third
Thursday 10:30 am

Join Zoom Meeting

<https://zoom.us/j/93960945025>

Meeting ID: 939 6094 5025

One tap mobile

+16465588656,,93960945025# US (New York)

+

+1 646 558 8656 US (New York)

Meeting ID: 939 6094 5025

Find your local number: <https://zoom.us/u/abLdiEWjdT>

**NYC EMERGENCY MANAGEMENT AND THE HEALTH DEPARTMENT ADVISE
NEW YORKERS TO BEAT THE HEAT**

**ADDITIONAL HEALTH AND SAFETY TIPS FOR PROTECTION AGAINST THE
HEAT**

- Go to an air-conditioned location, even if for a few hours.
- Stay out of the sun and avoid extreme temperature changes.
- Avoid strenuous activity, especially during the sun's peak hours: 11 a.m. to 4 p.m. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
- Remember: drink water, rest, and locate shade if you are working outdoors or if your work is strenuous. Drink water every 15 minutes even if you are not thirsty, rest in the shade, and watch out for others on your team. Your employer is required to provide water, rest, and shade when work is being done during extreme heat.
- Wear lightweight, light-colored clothing when inside without air conditioning or outside.
- Drink fluids, particularly water, even if you do not feel thirsty. Your body needs water to keep cool. Those on fluid-restricted diets or taking diuretics should first speak with their doctor, pharmacist, or other health care provider. Avoid beverages containing alcohol or caffeine.
- Eat small, frequent meals.
- Cool down with a cool bath or shower.
- Participate in activities that will keep you cool, such as going to the movies, walking in an air-conditioned mall, or swimming at a pool or beach.
- Make sure doors and windows have tight-fitting screens and, in apartments where children live, and window guards. Air conditioners in buildings more than six stories must be installed with brackets so they are secured and do not fall on someone below. Window guards can prevent children from falling out of a window and suffering serious injuries or even death. Screens keep mosquitoes that can spread West Nile Virus out of your home and keep cats from falling out of windows.
- Never leave your children or pets in the vehicle, even for a few minutes.

KNOW THE WARNING SIGNS OF HEAT ILLNESS

Call 911 immediately if you or someone you know has:

- Hot dry skin
- Trouble breathing
- Rapid heartbeat
- Confusion, disorientation, or dizziness
- Nausea and vomiting

If you or someone you know feels weak or faint, go to a cool place and drink water. If there is no improvement, call a doctor or 911.

KEEPING YOUR PETS SAFE

- Avoid dehydration: Pets can dehydrate quickly, so give them plenty of fresh, clean water.
- Walk your dog in the morning and evening: When the temperature is very high, do not let your dog linger on hot asphalt. Your pet's body can heat up quickly, and sensitive paw pads can burn.
- Know when your pet is in danger: Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, unresponsiveness, or even collapse.

IMPROPER FIRE HYDRANT USE

The improper opening of fire hydrants wastes 1,000 gallons of water per minute, causes flooding on city streets, and lowers water pressure to dangerous levels, which hamper the ability of the Fire Department to fight fire safely and quickly.

Use "spray caps" to reduce hydrant output to a safe 25 gallons per minute while still providing relief from the heat. To obtain a spray cap, an adult 18 years or older with proper identification can go to his or her local firehouse and request one.

ENERGY-SAVING TIPS

During periods of intense electrical usage, such as on hot, humid days, it is important to conserve energy as much as possible to avoid brownouts and other electrical disruptions. While diminishing your power usage may seem inconvenient,

your cooperation will help to ensure that utility providers are able to provide uninterrupted electrical service to you and your neighbors, particularly those who use electric powered medical equipment or are at risk of heat-related illness and death:

- Set your air conditioner to 78°F or "low."
- Run appliances such as ovens, washing machines, dryers and dishwashers in the early morning or late at night when it is cooler outside to reduce heat and moisture in your home.
- Close doors to keep cool air in and hot air out when the air conditioner is running.
- Keep shades, blinds, and curtains closed. About 40 percent of unwanted heat comes through windows.
- Turn off air conditioners, lights, and other appliances when not at home, and use a timer or smart technology to turn on your air conditioner about a half-hour before arriving home. Keep air conditioner filters clean.
- If you run a business, keep your door closed while the air conditioner is running.
- Tell your utility provider if you or someone you know depend on medical equipment that requires electricity.

For more information, visit NYC.gov/beattheheat. New Yorkers are encouraged to sign up for Notify NYC, the City's free emergency communications program. To sign up for Notify NYC, download the free mobile application, visit NYC.gov/NotifyNYC, call 311, or follow @NotifyNYC on Twitter.



ADVANCE WARNING SYSTEM

advancewarningsystemnyc.org



JULY

Named to honor Roman dictator Julius Caesar (100 BC–44 BC). In 46 BC, Julius Caesar made one of his greatest contributions to history: With the help of Sosigenes, he developed the Julian calendar, the precursor to the Gregorian calendar that we use today.

PUZZLE OF THE MONTH

How does a pig write home? (*Answer at bottom right.)

HOUSEHOLD HELPERS



To clean copper-bottom pots, use ketchup.



Wrap cheese in parchment or wax paper, then place in an open plastic bag; store in the refrigerator.



Water your houseplants with club soda that has gone flat. The chemicals that remain in the soda add vigor to the greenery.



To eliminate ink stains from a carpet, soak the stained area with lemon juice.



To remove mud or soot from a rug, sprinkle the stained area with salt. Allow the salt to dry or settle before vacuuming.



To clear a clogged drain, pour $\frac{1}{2}$ cup salt, $\frac{1}{2}$ cup baking soda, and $\frac{1}{4}$ cup of vinegar down the drain. Close or plug until the fizzing stops, then flush with boiling water.



For no-fuss painting, place a roller pan inside a plastic bag. Then pour paint into the plastic in the pan; the bag acts as a liner. When the job is finished, remove the pan, turning the bag inside out, and discard it.



To make a microwave oven smell fresh, fill a microwavable cup with water and mix 1 tablespoon of lemon juice. Heat the water at full power for 1 minute.



To remove bugs and tar from a car, use a damp cloth to apply a paste made by mixing baking soda with water. Allow the paste to sit for a few minutes before wiping and rinsing the area clean.



To remove crayon marks from painted walls, scrub with a dab of non-gel toothpaste.



To remove chewing gum from clothing, chill it with a piece of ice. The hardened gum can be crumbled and brushed off.

INDEPENDENCE DAY (U.S.)

The Fourth of July commemorates the adoption of the Declaration of Independence by delegates from the 13 colonies in 1776. The Declaration of Independence is America's revolutionary Charter of Freedom and the document upon which the nation's founding principles were established.

The Second Continental Congress actually made its decree for freedom on July 2, 1776, signing the Lee Resolution. Two days later, on July 4, Congress formally adopted the Declaration of Independence and the alarm for freedom was sounded at Independence Hall with the Liberty Bell. It was on August 4, 1776, after delegates of the Continental Congress had signed the document, that the Declaration of Independence was made official.

John Adams's famous letters to his wife, Abigail, on the 3rd of July, 1776, capture the spirit of the time. Writing from Philadelphia, he said, "Yesterday the greatest Question was decided, which ever was debated in America, and a greater perhaps, never was or will be decided among Men.

"A Resolution was passed without one dissenting Colony 'that these united Colonies, are, and of right ought to be free and independent States, and as such, they have, and of Right ought to have full Power to make War, conclude Peace, establish Commerce, and to do all the other Acts and Things, which other States may rightfully do.' . . . I am apt to believe [this day] will be celebrated by succeeding generations, as the great anniversary Festival.

"It ought to be commemorated, as the day of deliverance by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp, shows, games, sports, guns, bells, bonfires and illuminations, from one end of the continent to the other, from this time forward forever."

Let us end this brief history of Independence Day (U.S.) with text from the Declaration of Independence: "We hold these truths to be

self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness."

Famous Last Words

On July 4, 1826, exactly 50 years after the Declaration of Independence first asserted American sovereignty, former presidents John Adams and Thomas Jefferson both passed away. Jefferson desired to live until July 4 so "that he might breathe the air of the Fiftieth Anniversary." His last words, spoken the night before his death in the early afternoon of July 4, are traditionally given as some variation of "Is it the Fourth?" Adams died in the early evening, hours after Jefferson. According to tradition, Adams uttered the final words, "Thomas Jefferson survives," unaware of the fact that his longtime friend had just passed away.



Emergency Preparedness for Older Adults

Older adults are among the most vulnerable when disaster strikes. That's why it's critical that older people, and those who care for them, prepare for emergencies. If you're an older adult, or care for an older person, follow the steps below to prepare for and respond in an emergency.

Step 1: Create an Emergency Plan

Have an emergency communications plan

- ☐ Create a "phone call chain," a plan in which you make an initial call to one person and they in turn call the next person, and so on.
- ☐ This will make sure that all relatives and friends know what is happening in the event of an emergency.

Keep contact information complete and up-to-date

- ☐ Have the current home, work, and cell phone numbers of people you'll need to contact in an emergency. Make sure those people have your phone number, and the numbers of nearby friends or neighbors.
- ☐ Put an extra copy of these numbers in a travel wallet, purse, or suitcase.

Designate a meeting place in case you have to evacuate your home

- ☐ Pick two meeting places — one near your home, the other outside the neighborhood — where you can wait and relatives can find you. Make sure everyone has the address and phone number of the meeting location.
- ☐ If you are caring for an older adult who lives in a facility, find out where he or she will be taken in case of evacuation.

Consider ordering a medical ID bracelet

- ☐ Consider ordering a medical ID bracelet or pendant for people with chronic health problems. Information on medical conditions, allergies, medications, and emergency contacts can be engraved on the surface.
- ☐ For very elderly or disabled adults, put the identification information, list of diagnoses, and medications in a traveler's wallet that can be worn in an emergency.

Get local emergency and evacuation information in advance

- ☐ Get a community disaster/emergency plan for your area, if there is one.
- ☐ Learn where evacuees might turn for medical care or emergency supplies of medications.
- ☐ Obtain a map of evacuation routes and keep it in your car.
- ☐ Stay tuned to local radio stations for evacuation instructions.

Make travel arrangements in case of evacuation

- ☐ Talk to family members (or the directors of the facility where you live) about what you would do in the event of an evacuation.
- ☐ Will you be able to drive or will you need someone to pick you up? If so, who, and at what meeting place? Who can provide a back-up ride, and how will that person be contacted?
- ☐ You may also want to ask the director to designate staff who will stay with a very elderly adult during an evacuation.

Step 2: Stock an Emergency Medical Kit

An emergency medical kit should include:

Medications

- ☐ A 3-6 day supply of your medications along with an up-to-date medication list that includes the names (brand and generic) of any drugs you're taking and the doses.
- ☐ An insulated bag big enough to hold a two-week supply of any medications that require refrigeration, such as insulin. Keep ice packs in the freezer for the emergency medical kit.

Medical equipment and necessities

- ☐ Blood sugar monitoring equipment
- ☐ Blood pressure cuff
- ☐ Hearing aids and hearing aid batteries
- ☐ Extra pair of eyeglasses and/or dentures

Written information about treatment

- ☐ Ask your healthcare provider for copies of your medical records and lists of all active medical problems you have and how they're being treated.
- ☐ Extra copies of Medicare, Medicaid, or other medical insurance information.

Step 3: Make a Disaster Supplies Kit

A disaster supplies kit should include your medical kit equipment and:

☐ Water

Plan for at least 1 gallon per person per day, and at least a 3-day supply.

☐ Food

At least a 3-day supply of canned and dried foods that won't spoil. Juices, soups, and high-protein shakes may be particularly helpful for older adults.

☐ Maps

Local and regional maps in case roads are blocked and you need to take detours.

☐ Change of Clothing & Blankets

A complete set of clothing per person: a long sleeved shirt, long pants, shoes, a coat, hat, mittens, and scarf. Also include one blanket per person.

☐ Phone numbers, contact info, and key papers

Numbers and addresses of friends and relatives you might need to contact, your healthcare provider, and any specialists you see. Also include copies of your credit and identification cards.

☐ Cash

It's a good idea to have at least \$50 on hand; if that's not possible, include as much as you can.

☐ First Aid kit and manual

See the Red Cross's comprehensive list of what to pack in your first aid kit, at www.redcross.org. The Red Cross also sells prepackaged first aid kits.

☐ Basic Hygiene Products

Soap, toothpaste, toothbrushes, sunscreen, hand sanitizer, toilet paper, baby wipes, and a few trash bags for garbage.

Basic Supplies

- ☐ Manual can opener
- ☐ Flashlight
- ☐ Battery powered or hand cranked radio
- ☐ Batteries
- ☐ Waterproof matches
- ☐ Knife
- ☐ Resealable plastic bags
- ☐ Tin foil
- ☐ Disposable cups, plates, utensils
- ☐ Basic cooking utensils
- ☐ Emergency whistle
- ☐ Cell phone with chargers or solar charger.

Preparing for Weather Emergencies

Julie M. Lauer, LMSW

We have discussed how to prepare for general emergencies. We need to have supplies and we need to have a plan. We should use the same basic concepts in preparing for weather emergencies. What are “weather emergencies”? Many types of severe weather can turn into emergency situations.

Common weather patterns that may turn into emergencies in New York include:

- Severe cold weather
- Heavy snowstorms
- Severe heat
- Wild fires
- Hurricanes
- Tornadoes

Does anyone have any other examples?

Let’s break this down into stages:

1. Before the emergency--prepare
2. During the emergency--survive
3. After the emergency--be safe

You should have a plan for if you need to evacuate and if you need to remain home during an emergency.

How to be prepared to evacuate

MAKE A PLAN

- Review your evacuation plan and change it as needed, such as changes in your health or to your home.
- Plans can include where to exit the building and how to get there, where to go once you leave the building, who to call, what to bring and ensuring you have all important information and people/pets with you

In previous workshops, we have discussed having a go bag. This is crucial if you need to evacuate your homes. During weather emergencies, there is often not time to start gathering things to take out of your home, so we should all have a bag with necessities prepared to grab on the go. What should be in the bag?

GO BAG (containers with wheels are recommended by the Red Cross)

- Weather-specific clothing (at least 3 days’ worth)
- Water & food checking expiration dates every 3-6 months
- Check list of any medications taken as well as keeping within easy reach
- List of phone numbers

Preparing for Weather Emergencies

Julie M. Lauer, LMSW

- Doctors
- Pharmacy
- Friends/relatives
- Car service/ JCCGCI
- Medication dosage list or copies of all prescription slips w/ doctor' names and phone number
- Portable phone with a set of numbers programmed or in an address book
 - Cheap phones can be purchased with a set amount of minutes to avoid monthly payments for minutes, texting and data not being used
- Important keys
- Cash and copies of your credit/atm cards
- Identification (in a waterproof container [e.g. birth certificate, photo ID's, Insurance cards, etc.])
- Batteries and flashlight
- First aid kit
- Battery operated Am/FM radio
- Personal hygiene products
 - Toilet paper, deodorant, wipes, toothbrush, etc.
- To Go Bag for Pets
 - Have water, food, collar and leash.
 - Toy if applicable

In case you get stuck in your home during an emergency, you should be sure you always have bottled water and non-perishable food.

Anyone who is on life saving equipment that requires electricity be sure to register with the electric company. If your power goes out, they will know that you must be a priority. Con Ed has an equipment registry form on their website or you can call them.

Also, if you have a battery backup, always be sure it is charged because it may take time for help to arrive.

How to be prepared to stay in your home

- NYS Office of Emergency Management suggests an Emergency supply kit including:
 - Battery operated AM/FAM radio w/ extra batteries
 - Whistle
 - 1 gallon of water per day, per person (at least 3 days' worth)
 - Iodine tablets to disinfect water ONLY if directed by health officials
 - Nonperishable, ready-to-eat canned foods and manual can opener
 - First aid kit
 - Flashlight
 - Phone that does not rely on electricity or a landline
 - Toilet paper and other hygiene products

Preparing for Weather Emergencies

Julie M. Lauer, LMSW

Another important way to be prepared is know how to learn of weather emergencies. Local news should alert you. If you use smart phones, they generally have weather apps that alert you to warnings in your area. You can also put an app on your phone and set what warnings you want to receive. You can also register for NYC alerts to get texts to your phone.

CHECK THE WEATHER DAILY. WEATHER PATTERNS CHANGE IN AN INSTANT. IF SEVERE WEATHER IS EXPECTED TO HIT YOUR AREA, GET OUT BEFORE IT COMES!

Reminder: If your power goes out, keep refrigerator and freezer closed if possible. According to FEMA, food will stay cold for about 4 hours in a closed refrigerator and a full freezer will keep its temperature for about 48 hours.

FEMA also recommends unplugging or disconnecting appliances and electronics not in use (not fridge). This is in case there is a power surge when it comes back on that could cause harm to the equipment.

After the crisis is over, it should not be immediately forgotten. If your power was out for more than four hours, much of your refrigerated food may be spoiled. Throw it out! If you have medication that needs to be refrigerated, call your doctor and explain that your power was out. They should give you new medication if needed. Also, if you are having difficulty going back to your return due to fear or emotional issues, reach out for help.

We have discussed staying safe during extreme cold and in future weeks we will review how to stay safe in extreme heat. Today's discussion should help prepare for storms and the ramifications from them.

We all need to remember that being prepare for severe weather may save our homes and our lives!

<https://www1.nyc.gov/site/em/ready/get-prepared.page>

<https://alert.ny.gov/>

<https://www.weather.gov/safety/thunderstorm-prepare>

https://training.fema.gov/emiweb/downloads/is111_unit%204.pdf

<https://www.ready.gov/power-outages>

<https://www.healthinaging.org/tools-and-tips/tip-sheet-emergency-preparedness-older-adults>

LET'S PARTY

BACKYARD

BARBECUE

BLACK TIE

CAKE

CATER

CELEBRATION

CHILDREN

COWORKERS

DANCING

DESSERT

FRIENDS

GAMES

GRADUATION

GUESTS

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

HOLIDAY

PATIO

LIBATIONS

POTLUCK

MEAL

RSVP

MUSIC

SNACKS



Aging Eyes: Vision Health & Common Problems

Presented in collaboration with the NYC Department for the Aging

July 15, 2021 at 1:00 p.m.

Please RSVP to your senior center by July 9th

Dr. Scott Brodie will discuss common eye problems (i.e.dry eyes, watery eyes, floaters,etc). Eye care for older adults with diabetes and hypertension, eye diseases and disorders, and finally the importance of regular eye doctor appointments, and current treatment.



Dr. Scott Brodie, Ophthalmologist, NYU Langone Health

Scott E. Brodie, MD, PhD, is a Professor of Ophthalmology at NYU Langone Health. He specializes in disorders of the retina, including diabetic retinopathy and age-related macular degeneration. He has contributed the chapter, "**Aging and Disorders of the Eye**" in the last five editions of the standard reference, *Brocklehurst's Textbook of Geriatric Medicine and Gerontology*.

Latest Cartoons



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