

AUGUST 2021



Senior Voices

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES
BAYSIDE SENIOR CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



Catholic Charities Bayside Senior Center coordinated and served over 2,300 meals to seniors since the reopening on 6/21/2021

Did you know that as a Cooling center, 263 seniors attended Bayside Senior center during heat advisory days in July 2021?



DUE TO COVID-19 , CAPACITY AT CATHOLIC CHARITIES BAYSIDE SENIOR CENTER ARE LIMITED WITH SELECTED ACTIVITIES AT THIS TIME





Zooming Along!

July 2021



Participant Lists:

- Elizabeth Mui (me)
- Gia Ramsey (Host)
- Alice Li
- Arthur Douse
- Claudia Reyna
- E. Rodriguez
- FongY's iPad
- Francisco Ayala
- Heidi Matias
- Margaret Burbidge
- maureen benej

Participant Lists (Bottom):

- Francisco Ayala
- Heidi Matias
- Margaret Burbidge
- maureen benej

Participant Lists (Right):

- Francisco Ayala
- Heidi Matias
- Margaret Burbidge
- maureen benej

Participant Lists (Bottom Right):

- Francisco Ayala
- Heidi Matias
- Margaret Burbidge
- maureen benej

Definition Slide:

Definition

*Nutrition is a science that borrows from other sciences (i.e., chemistry, anatomy and physiology, biochemistry, and microbiology) that looks at the relationship between the foods we eat and our health.

CATHOLIC CHARITIES BAYSIDE SENIOR CENTER - LUNCH MENU

AUGUST 2021

Lunch Begins: 11:30

MENU MAY CHANGE WITHOUT PRIOR NOTICE

Phone: (718) 225-1144

Monday	Tuesday	Wednesday	Thursday	Friday
2 Roasted Chicken Baked Mac and Cheese Multigrain Bread Milk/Bread/Fruit/Juice Collard Greens with Tomato	3 Oven Baked Pork Chops Glazed Sweet Potatoes Italian Cut Green Beans Milk/Bread/Fruit/Juice	4 Beef Salisbury Steak Glazed Sweet Potatoes Italian Cut Green Beans Milk/Bread/Fruit/Juice	5 Vegetable Lasagna Yellow Squash Milk/Bread/Fruit/Juice 	6 Fish with Creole Sauce Perfect White Rice Italian Blend Vegetables Milk/Bread/Fruit/Juice
9 Rosemary Chicken Italian Blend Vegetables Roasted Red Potatoes Milk/Bread/Fruit/Juice	10 Baked Pork Corn Niblets Sautéed Spinach Milk/Bread/Fruit/Juice	11 Beef Stroganoff Egg Noodles Sautéed Spinach Beans Milk/Bread/Fruit/Juice	12 Apricot Glazed Chicken Instant Mashed Potatoes Roasted Zucchini Milk/Bread/Fruit/Juice	13 Fish with Mushrooms and Pepper Yellow Rice California Blend Vegetables Milk/Bread/Fruit/Juice
16 Beef Stew Instant Mashed Potatoes Streamed Kale Milk/Bread/Fruit/Juice	17 Turkey with Gravy Wild Rice Sautéed String Beans Milk/Bread/Fruit/Juice	18 Herb Roasted Pork Roast Baked Sweet Potato Capri Blend Vegetables Milk/Bread/Fruit/Juice	19 Baked Salmon Brown Rice (1/2 Cup) California Blend Vegetables Milk/Bread/Fruit/Juice	20 Chicken Parmesan Pasta (1/2 Cup) Steamed Spinach Milk/Bread/Fruit/Juice
23 Salisbury Steak Garlic Mashed Potatoes Steamed Peas and Carrots Milk/Bread/Fruit/Juice	24 BBQ Chicken California Blend Vegetables Corn Milk/Bread/Fruit/Juice	25 Homemade Roast Pork Yellow Rice, Pigeon Peas Kale with Tomato Milk/Bread/Fruit/Juice	26 Ground Beef Stuffed Bell Peppers Sautéed Spinach Milk/Bread/Fruit/Juice	27 Oven Fried Tilapia Baked Sweet Potato Sautéed Zucchini Milk/Bread/Fruit/Juice
30 Beef Meatloaf Garlic Mashed Potatoes Italian Cut Green Beans Milk/Bread/Fruit/Juice	31 Smothered Pork Chops Rice Pilaf Collard Greens with Tomato Milk/Bread/Fruit/Juice			

Funded by the New York City Department for the Aging



AUGUST 2021



BAYSIDE SENIOR CENTER



Grab & Go Meals

PLEASE CALL AND RESERVE

GRAB AND GO MEALS WILL BE LIMITED



MONDAY, TUESDAY and THURSDAY

FROM 1:00 PM - 2:30 PM



PLEASE CALL AND RESERVE

SPACE WILL BE LIMITED

and subject to change

NYC Department for the Aging

EAT HEALTHY YOUR WAY

Eating Healthy on a Budget



Take these 3 easy steps to pick and prepare healthy foods while minding your wallet! Check off the tips you will try.

Step 1: Plan ahead before you shop

Rodney: I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and never shop hungry. This way I stick to my list and don't buy pricey items on a whim. Since I have all the ingredients for my meals, I'm not tempted to order a pizza or run out for fast food. Eating at home keeps me on budget, and I am eating better too.

Read the store flier to find out what is on special for the week.

- Plan your meals around the sale items.
- Look for lean meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.

Shop with a list.

- Make a shopping list **before you go to the store** as you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse . . . and off your budget.

Step 2: Shop to get the most value for your money

Carla: I buy fresh fruits and vegetables in season and save money this way. If I want berries in winter, I buy the frozen kind. Or, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze any extras to use later.

Buy sale items and generic or store brands.

- Buy items featured in store promotions and coupons in the newspaper or online ads. Some stores have their own apps to help you find and plan budget purchases. Buy store or generic brands, as they often cost less than name brands.

Choose frozen.

- Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cost far less.

Buy in bulk, then make your own single-serving packs at home.

- Mix a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small baggies for on-the-go snacking.
- Peel and cut up a big bag of carrots. Put in small baggies for lunches or an anytime healthy snack.





Hello! I am John Pombo, an enrollee in the Summer Youth Employment Program. As an English major at NYU entering his junior year, my talents lie in creative writing and stylistic expression. I am very happy to be working here at the Catholic Charities Bayside Senior Center.

Since the beginning of the pandemic, the CDC and the WHO have both made it clear that people aged 50 or higher are more susceptible to developing an illness if they contract Covid-19. Elders are usually living in contact with others, and some may rely heavily on aides. Because complete social isolation is an unfeasible option for many elders, receiving the vaccine is usually the safest and only way for any person in their age group to avoid contracting the virus.

In an effort to bring awareness to the elderly experience with vaccines, I spent a few days interviewing 28 senior citizens of the Catholic Charities Bayside Senior Center to gather details about their vaccination experience. Although there is no vaccine requirement to attend the center, all the people I spoke to chose to vaccinate. When asked what caused them to want to get vaccinated, there were a variety of responses. Violet, 85, was talked into getting a shot by family. People such as Serge, 66, trusted the opinions of public figures and health professionals. Carmen, 79, took it because it was conveniently being offered by her clinic. The most common reason I heard was that people took it so they could stay healthy. Anticipating this answer, I also asked whether or not people experienced a change in their quality of life after taking the shot.

Health does not only exist in a physical sense, but in a mental and social state as well, and I wanted to see how elders were affected after they were vaccinated. About half the people I interviewed claimed that their quality of life stayed the same, and the majority claimed that things have improved in one way or another. The most common improvements were a peace of mind obtained through feeling safer and the ability to spend time with family. Many were glad to be able to attend public places (such as the center) with a newfound peace of mind. Doris, 84, said that she got her life back, and that she has seen the social health of others suffer after they chose not to get the vaccine.

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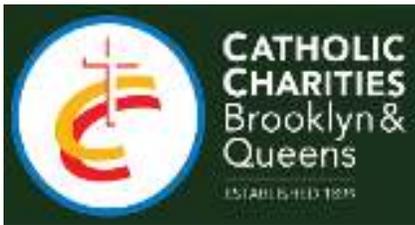


People with pre-existing conditions had a tendency to say that there was little that the vaccine changed for them, with Lisa, 70, saying that the benefits from the vaccine did nothing for her depression. Another: Jack, 73, said that his physical health issues have kept him inside even after his shot. Many claim that they still are cautious after having had the vaccine, with a few referencing the existence of newer strains that could infect vaccinated people. Sally, 81, said that she was afraid of unvaccinated people because she felt they could start a new pandemic.

Not one person interviewed experienced an overall decrease in their quality of life after taking the vaccine. The only negative changes the people of the Bayside Senior Center observed were temporary reactions to receiving the shots in the form of soreness. Only a single person - Dorothy, 88 - out of the 28 interviewed claimed to have received a major reaction, which was to her second shot. Another 88 year-old woman, Marilyn, claimed that she had no issues with her shot.

Following announcements of booster shots from pharmaceutical companies manufacturing the vaccines, I became curious on whether or not people who had already received their vaccines would be willing to take a third, or even more. When asked whether or not they would be willing to take additional shots, most interviewees had no issue. Four people said they wouldn't, and another four said they would have to defer to a health professional or other trusted individual. Serge, 66, claimed that future COVID-related vaccines would make him wary and skeptical, as he trusts the current vaccines to get the job done. Those who said they would seek the opinion of another first all relied on others to convince them to take the vaccine in the first place. Mimi, 78, said that shots were painful and she would avoid having to take additional ones unless experts said she needed one.

From this case study, it is clear that for elders: the benefits of receiving a vaccine largely outweigh the downsides. Very few people I spoke with mentioned the soreness, which leads me to believe that the side effects are usually insignificant. The main problem many were facing was an inability to get any chances to spend time socializing with family and friends. I would invite every senior citizen who reads this article and feels as if there is something missing in their lives to spend time at the Catholic Charities Bayside Senior Center. Not one person here is unvaccinated or shows any symptoms of Covid-19. If that reminds you of yourself, you should have no problem fitting in.



BAYSIDE SENIOR CENTER WILL CONTINUE WITH VIRTUAL PROGRAMING FOR SENIORS



IF INTERESTED, PLEASE CONTACT THE CENTER FOR DAILY SCHEDULE



NYC Department for the Aging

NYC Department for the Aging

NYC Department for the Aging



GUESS THE BAYSIDE SENIORS



- Member of Bayside Senior center for many years.
- Attends the center regularly.
- Often on Stationary Bike by the fish tank.
- A regular at the Pool table.
- Serves meals regularly.
- Always friendly.



- Member of the Advisory Council
- Front desk volunteer.
- Unique Voice



SUMMER FUN

Word Search Puzzle



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



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

BAYSIDE SENIOR CENTER



221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320

SENIOR CENTER STAFF



Pang Chu Program Manager
Kathy Lundgren Office Manager
Veronica Chow Case Manager
Yolanda De Martinez Custodian
Annmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator

Henry Cadet Transportation
Laura Moy Kitchen Aide
Yung Ping Tam Kitchen Aide
Vincent Yuk Kitchen Aide



ADVISORY COUNCIL

Officers:

Doris Polansky...President
Susan Hall ... Vice President
Pat Walton Treasurer
Leo Palumbo ... Secretary

Members:

Ellen Arnold Rose Baskin
Rosa Farmer David Zirman
Sally Pincus Carmela Pozzi
Jane Chin Fraternidad Sevilca



Catholic Charities Mission Statement

Catholic Charities 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 that promotes justice and embraces human development.



All Bayside Seniors have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication. Majority of newsletter pictures are taken by our own senior members.

EAT HEALTHY YOUR WAY

All the flavor—with healthy fats, less salt, and less sugar! Check off the tips you will try.

Pick Healthy Fats and Still Keep the Flavor	
Instead of ...	✓ I will ...
Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat lean cuts of ground meat, at least 92% lean/8% fat. Try lean cuts of meat like sirloin, tenderloin, round steaks, and roasts. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower Salt, Not Taste!	
Instead of ...	✓ I will ...
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and sausages)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt-added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.” <input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Look at the Nutrition Facts label and choose the can lower/lowest in sodium.
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
Lower Sugar, and Still Satisfy Your Sweet Tooth!	
Instead of ...	✓ I will ...
Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruits without added sugars. <input type="checkbox"/> Choose fresh or frozen fruit.



INQUIRING MINDS WANT TO KNOW

AUGUST 2021

With expanded capacity in most venues, what are you going to do differently?

Patricia Walton—Go back to Bayside Senior Center, go to eat with friends in restaurants and hoping to go back to walking without wearing a mask

Leo Palumbo—Go back to Bayside Senior Center, will be mindful to check what we are allowed to do. Would like to see things go back to normal.

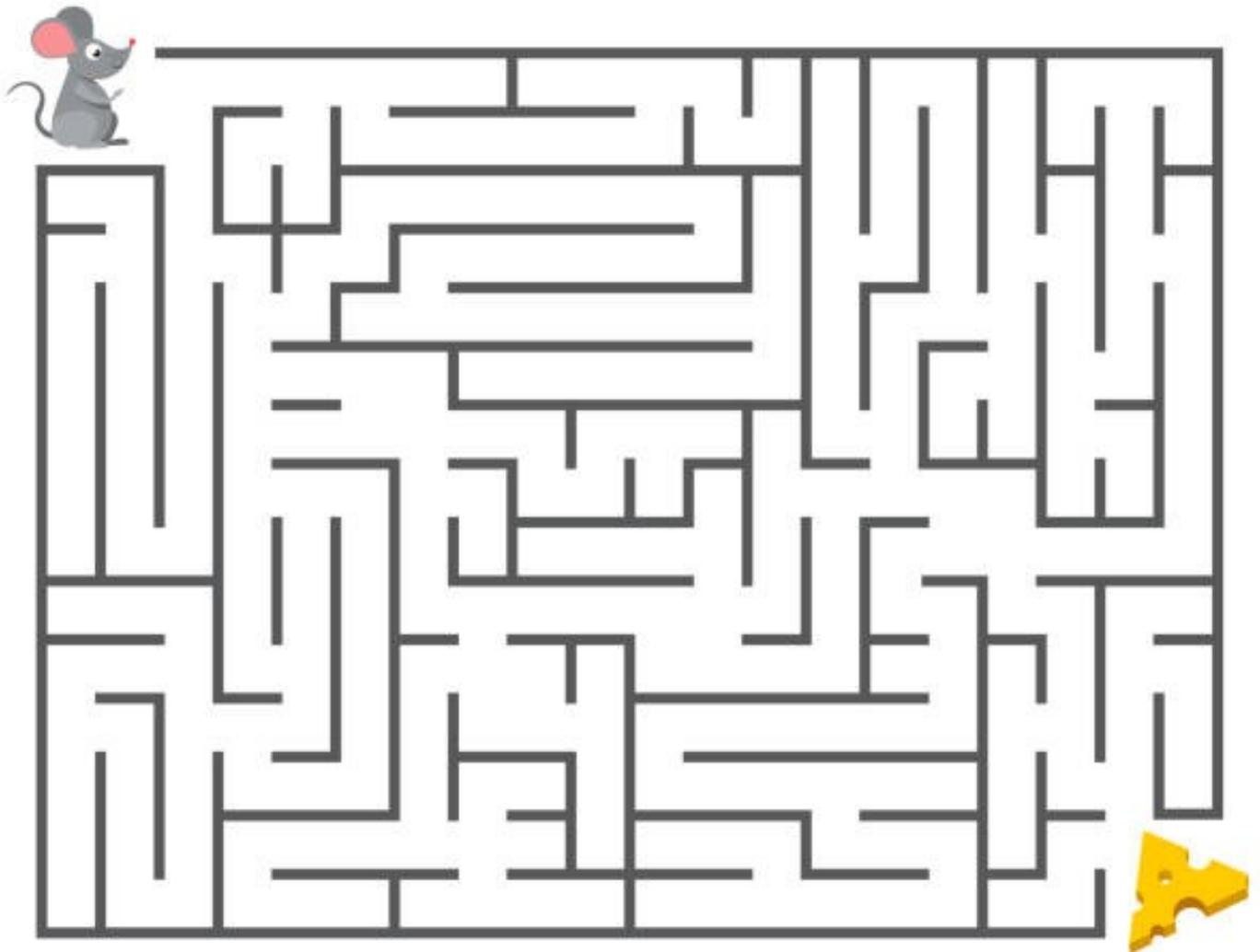
Diana Kijet, Going to the movies. Spending more time to socially meet people at Bayside Senior Center and in the park areas.

Rose Baskins—will see her grandchildren and great grandchildren more often and her daughter will get her out of the house by taking her to the supermarket.

I will continue to be cautious by wearing my mask and will enjoy experiencing indoor dining with friends and seeing members at the Bayside Senior Center.



Advisory Council VP, Susan Hall





Happy Recap!

July 2021

