

# Narrows Senior Center News Letter May 2022



**CCNS**  
**Narrows Senior Center**  
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## May Fun Facts

**This May is Observed as:** Mother's Day, Memorial Day, Asthma Awareness Month, Stroke Awareness Month, Older Americans Month and Asian Pacific Islander American Heritage Month

**Birthstone:** Emerald



**Fruits and Veggies of the Month:** Cherries, Okra, Apricots, Spring Peas, Lettuce, and Asparagus

**Flower:** Lily Of The Valley



## Staff Members

**Tselita McBride**  
**Program Manager**

**Tommy Lee**  
**Case Manager**

**Meng Zhou**  
**Office Manager**

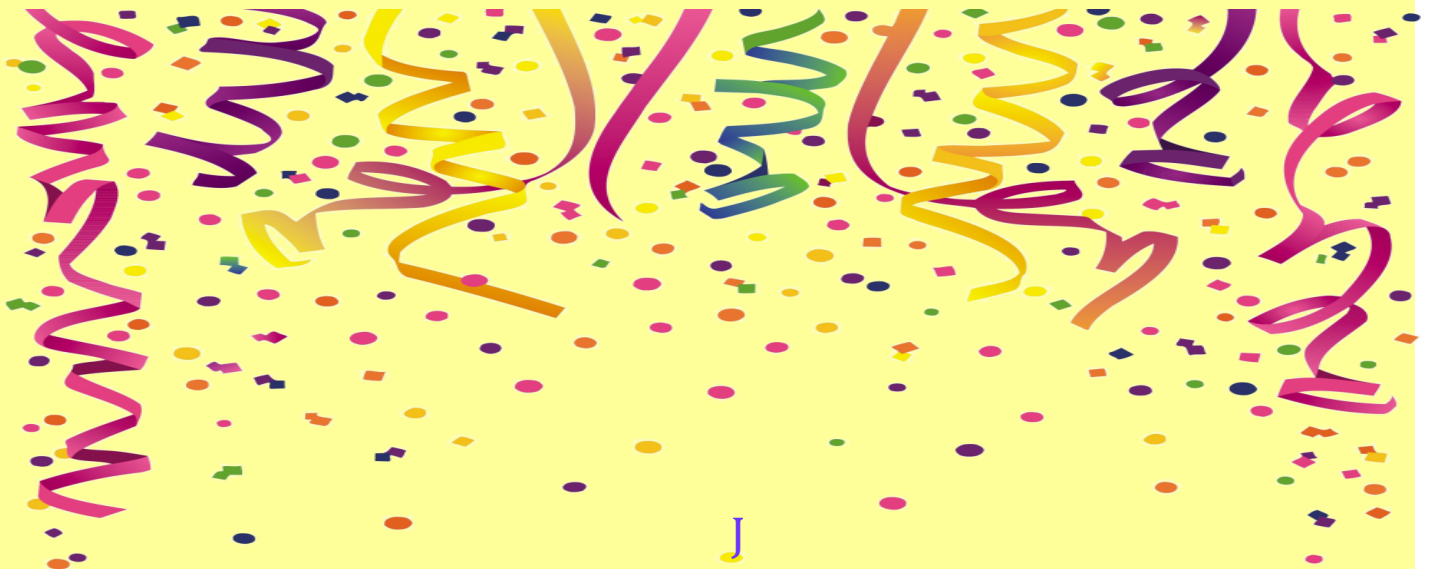
**Madeline Sban**  
**Driver**

**Samuel Robertson**  
**Driver**

May is a great month to celebrate some important holidays. Older Americans, Stroke Awareness, Mother's Day and Memorial Day to name a few. Spring is now fully in bloom as well as allergies for many people. Air purifiers can lessen the symptoms and filter out the pollen that gets into your home. Let's use this month to honor all the elderly people who have contributed to society and as well having taken care of family members. Some of the elders are also war veterans and it so happens Memorial Day is a good day to remember the fact that they placed their lives at risk to defend this country to secure our safety and freedom. Although seniors are the most vulnerable to strokes, it can happen to any persons of any age, so make sure to look for the signs of possible strokes, so you can get the medical help as soon as possible to increase a quicker recovery. If we maintain a healthy diet along with some exercises, this can reduce your chances of a stroke as well as promote overall healthy body and mind. Inside you will find recipes, exercise and a book that can provide guidance in the right direction to a healthier lifestyle. Baby steps are the best way to change a routine. Increasing an exercise routine by one minute a day can have a drastic benefit by the end of the month. Our body is our sanctuary and only we can care for its well being.

**Happy Mothers Day to all the wonderful, loving and caring mothers.**

# May Breakfast Celebration



Join the Narrows SC for a May Breakfast party to celebrate Mother's Day, acknowledge memorial day and recognize May health awareness topics.

DJ Joel will entertain with music for sing a long , dancing and having a good time.

**Monday, May 23rd at 10:30am**

**Bagels will be served butter/ cream cheese**

**\*\*\*IMPORTANT\*\*\***

**Please make a reservation with Tommy Lee in advance due to COVID 19 safety regulation**

# CELEBRATING May

## Older Americans Month

In April 1963 President John F. Kennedy and members of the National Council of Senior Citizens agreed to establish May as "Senior Citizens Month" eventually it changed to "Older Americans Month."

Approximately, a third of older Americans were living in poverty and there were little programs to provide the support that they heavily needed. Many people's interests in older Americans and concerns were intensifying.

Since then, Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Older Americans Month also honors seniors who served to protect our country and coincidentally, it is an overlap holiday with Memorial Day that is also in May.

<http://www.acl.gov/newsroom/observances/oam/index.aspx>

## Mother's Day

Mother's Day Holiday was founded by Anna Jarvis, after her mother's death in 1905. She saw this as a way to honor all the mothers that make sacrifices for their children. She got the financial support from John Wanamaker, who was a retail store owner in May 1908 and organized the first mother's day in a church in West Virginia. Since then, mother's day has been celebrated.

<http://www.history.com/topics/holidays/mothers-day>

## Memorial Day

Memorial Day on May 30 conjures images of hamburgers, hot dogs, swimming pools, and summertime for many Americans. But the last Monday in May serves, most importantly, as a time to honor those who died while fighting in the U.S. Armed Forces. It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day," following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible.

## Stroke Awareness Month

This month is the time to be aware of and be educated about strokes.

Remember the Term FAST (Face Drooping, Arm Weakness, Speech Difficulty, Time to Call 911). A stroke happens, when there is blockage in the veins inside the brain that stops the blood from flowing. Having other illnesses like heart disease, poor diet, lacking physical activities, high blood pressures, high cholesterol and etc. can cause strokes to happen.

[http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month\\_UCM\\_459942\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month_UCM_459942_SubHomePage.jsp)

# Daily Activity Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:00am Coffee and Current Events	8:00am Coffee and Current Events	8:00am Coffee and Current Events	8:00am Coffee and Current Events	<b>8:00am</b> Coffee and Current Events
9:00 am	9:00 am	9:00 am	9:00 am	9:00 am
Mah Jong / Ping Pong	Mah Jong / Ping Pong	Mah Jong / Ping Pong	Light Impact Weights	Head To Toe Exercise
9:30 to 10:30 Virtual ESL Asian Speaking Technology	9:30 to 10:30 Virtual ESL Asian Speaking Technology	9:30 to 10:30 Virtual ESL Asian Speaking Technology	Mah Jong/ Ping Pong  9:30 to 10:30 Virtual ESL Asian Speaking Technology	9:30 to 10:30 Virtual ESL Asian Speaking Technology
10:30 Stretching for Health	10:30 Wheel of Fortune Trivia	11:15 Bingo Challenge	10:30 Wheel of Fortune	10:30 Stretching for Health
11:15 Bingo Challenge	11:15 Bingo Challenge		11:15 Bingo Challenge	11:15 Bingo Challenge
11:00 AM Sponsored Presentations TBA	11:00 AM Sponsored Presentations  TBA	10:00am  Name That Tune  Karaoke Sing A Long	10:00 am  Russian ESL TBA	10:30 am  10:30 Ukulele Class
Poetry Writing and Book review			11:00 AM Sponsored Presentations TBA	11:00 AM Sponsored Presentations TBA
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<b><u>LUNCH</u></b> Congregate Grab and Go	<b><u>LUNCH</u></b> Congregate Grab and Go	<b><u>LUNCH</u></b> Congregate Grab and Go	<b><u>LUNCH</u></b> Congregate Grab and Go	<b><u>LUNCH</u></b> Congregate Grab and Go
3:00 PM 4:00 PM Virtual Tai Chi	1:00 PM Jewelry Making	1:00 Bingocize EB Program	1:00 PM Painting Appreciation	1:00 Bingocize EB Program
Easy Healthy Recipes	3:00 PM 4:00 PM Virtual Tai Chi	1:00 PM to 2:00 PM Virtual Concert in Motion	3:00 PM 4:00 PM Virtual Tai Chi	Technology
Technology TBA		3:00 PM 3400 PM Virtual Tai Chi		3:00 PM 4:00 PM Virtual Tai Chi

Please call (718) 232-3211 for updates or changes.

# May 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> BBQ Chicken Leg Quarters Whole Wheat Bread Yellow Rice & Pi- geon Peas Broccoli with Garlic & Oil Apple	<b>3</b> Sticky Marmalade Glazed Baby Back Ribs Or BBQ Chicken Leg Quarters Whole Wheat Bread Sautéed Sweet Pota- toes	<b>4</b> Vegetarian Sancocho Sweet Potato Salad Whole Wheat Bread Avocado & Orange Salad Baby Carrots with Pars- ley Fruit Cocktail	<b>5</b> Vegetable Soup Oven Fried Chicken Couscous with Peas & Lemon Whole Wheat Bread Brussels Sprouts Pear or Honeydew	<b>6</b> Baked Fish with Sweet & Sour Sauce Whole Wheat Dinner Roll Baby Spinach Salad Red Bliss Potatoes Orange Juice, Peach Or Sliced Canned
<b>9</b> Sweet & Sour Chicken Breasts Egg Noodles Whole Wheat Bread Steamed Spinach Banana Canned Mandarin Or- anges	<b>10</b> Pineapple Glazed Salm- on Whole Wheat Bread Avocado & Orange Sal- ad Red Bliss Potatoes Cantaloupe	<b>11</b> Stewed Oxtails with Lima Beans Or Baked Marinated Fish Brown Rice Whole Wheat Bread Italian Cut Green Beans Orange or Nectarine	<b>12</b> Vegetable Lasagna Whole Wheat Dinner Roll Broccoli with Toasted Garlic Pear Or Grapes	<b>13</b> Stewed Pork Chops Or Baked Fish with Cream Corn Sauce Whole Wheat Bread Baked Sweet Potato Oriental Blend Orange Juice, Water- melon
<b>16</b> Sliced Turkey with Gravy Homemade Mashed Potatoes Whole Wheat Bread Sautéed String Beans Cantaloupe	<b>17</b> Vegetarian Chicken Brown Stew White Rice Whole Wheat Din- ner Roll Garden Salad Canned Apricots	<b>18</b> Pineapple Glazed Salmon Pasta Whole Wheat Bread Collard Greens Apple	<b>19</b> Jerk Chicken Brown Rice Whole Wheat Bread Cabbage with Shredded Carrots Grapes or Nectar- ine	<b>20</b> Vegetable Soup Teriyaki Baked Fish Red Bliss Potatoes Whole Wheat Bread Sautéed Zucchini Banana, Orange Juice or Watermel- on
<b>23</b> General Tso's Chicken Perfect White Rice Whole Wheat Bread Zucchini with On- ions & Peppers Peach or Sliced Canned Peaches	<b>24</b> Veggie Burgers Hamburger Bun Whole Wheat Bread Baby Spinach Salad Glazed Sweet Pota- toes Canned Apricots	<b>25</b> BBQ Pork Chops Or Baked Breaded Fish Fillets Baked Macaroni & Cheese Whole Wheat Bread Stir Fry Kale & Broc- coli	<b>26</b> Chicken Parmesan Garlic Bread Italian Cut Green Beans Orange	<b>27</b> Tuna Fish Salad Whole Wheat Bread Beet Salad Garden Salad Apple Juice, Banana Or Honeydew
<b>30 Closed Memorial Day</b>	<b>31</b> Chicken Thigh Stew with Ginger & Pumpkin White Rice Whole Wheat Bread Normandy Blend Apple			Menu Subject to Change some- times All Meals Served with 8 oz., 1% Milk Hot beverages are offered throughout the day Sugar substitute is available Funded by the New York City Department for the Aging

# May 2022 Presentations

Tuesday 5/3/2022 10:30am  
Elder Abuse Prevention — Caregivers (English)

Thursday 5/12/2022 10:30am  
Elder Abuse Post Covid-19 (English)

Friday 5/13/2022 10:30am  
Food For Joints (English/Chinese)

Tuesday 5/17/2022 10:30am  
Aortic Valve Disease (English)

Tuesday 5/24/2022 10:30am  
Consumer Scam (English)

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## Special Events

**Su-Casa Ukulele Instructions and Singing**

Every Friday at 10:00am

**Bingocise EB Program for Balance and Health**

Wednesdays and Fridays at 1:00pm



# SPOT A STROKE

**F.**

FACE  
DROOPING

**A.**

ARM  
WEAKNESS

**S.**

SPEECH  
DIFFICULTY

**T.**

TIME  
TO CALL 9-1-1



Nationally sponsored by  
**Medtronic**

[StrokeAssociation.org/warningsigns](https://StrokeAssociation.org/warningsigns)

©2013, American Heart Association.

## STROKE SYMPTOMS: WOMEN VS. MEN

Men and women share a common set of stroke symptoms. But women also can experience more subtle warning signs.

### WOMEN

Face drooping



Arm weakness



Speech difficulty



Vision problems



Trouble walking  
or lack of  
coordination



Severe headache  
without a  
known cause



General weakness



Disorientation &  
confusion or  
memory problems



Fatigue



Nausea or  
vomiting



### MEN



Face drooping



Arm weakness



Speech difficulty



Vision problems



Trouble walking  
or lack of  
coordination



Severe headache  
without a  
known cause



American Heart Association.



Sources: American Stroke Association; Gender Medicine; Journal of Neuroscience Nursing  
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By American Heart Association News



In 2022, Mother's Day lands on Sunday, May 8! Mother's Day celebrates motherhood and is a day to make an extra-special effort to recognize and appreciate mothers' roles in our lives. Often this day is extended to generations of mothers—grandmothers, great-grandmothers, stepmothers—as well as to mother figures.

**Different Ideas to Celebrate Mothers Day to Make Mom Feel Special and Appreciated**

1. Offer yard and garden services. 2. Decorate your mom's door or give flowers!
3. Cook for Mom or set up a brunch date. 4. Give your mom a long phone and just listen
5. Watch a movie or show together, side by side. 6. Make Mom a picture album or painting
7. Get outside! Go for a stroll in the park or shopping 8. Make a homemade gift!
9. Travel to a museum or garden or vacation 10. Make your own recipe for mom.

*Families have different dynamics but for the majority, our mom's undivided love and support helped make you the strong adult you are today. To help her remain healthy, mentally sharp, socially involved and happy, take care of her like she's always taken care of you.*



CONNECT, CREATE, CONTRIBUTE MAY 2019

Communities that encourage the contributions of older adults are stronger.

That's why we are **always** there when clients need us – ready to provide care in **all ways**.

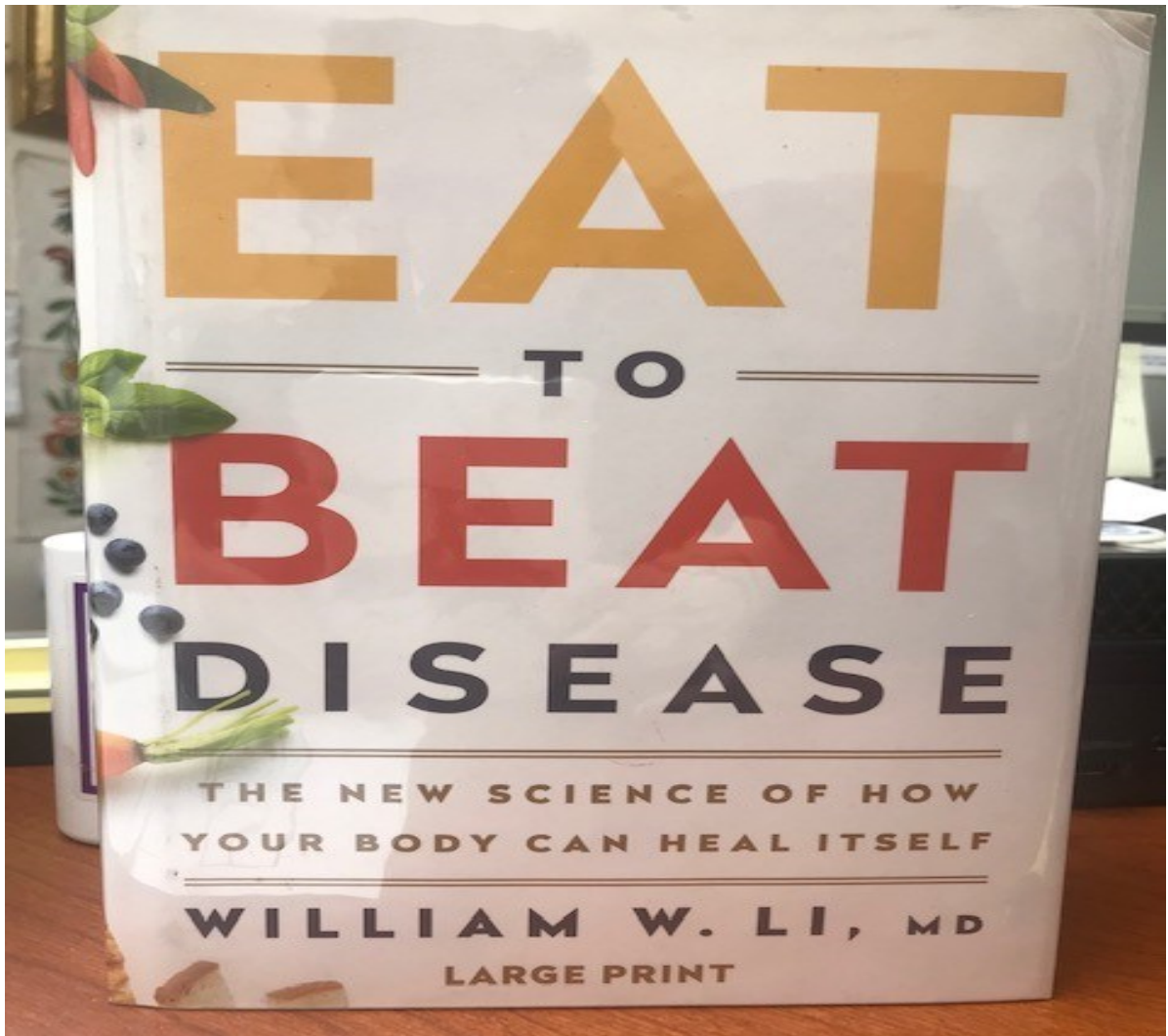


ResCare HomeCare is becoming All Ways Caring HomeCare. Learn more at [AllWaysCaring.com](http://AllWaysCaring.com)



## Recommended Reading Corner

Eating 5 disease fighting foods 5 times a day is the key to better physical and mental health.



Your body was designed to defend itself from external disease and the food you eat can amplify this hidden force within our cells. This book discusses the power of health boosting foods that can reduce chances of cancer, dementia and beat dozens of avoidable diseases. It all begins with life changing mindset to a better and healthier way of meal preparation and physical activity. Start small but be consistent and make healthy living a part of your daily routine.

# 5

# WEIGHT-BEARING EXERCISES *you can do right now.*



## 1 SQUAT

Stand with feet slightly wider than shoulder-width apart. Bend or hinge 30 to 40 degrees at the hips, shifting them back and down as you bend your knees. Lower yourself to a comfortable position. Your knees should not extend past your toes. Push through your heels to return to the starting position. Repeat 10 times.



## 2 SINGLE LEG STANDING WITH SUPPORT

Stand with feet shoulder-width apart. Bend one knee slightly and slowly lift that leg 3 to 6 inches off the floor. Hold for 10 seconds before returning your foot to the floor. Repeat 10 times for each leg. **Challenge move:** Lift your leg higher, so your thigh is parallel to the floor.



## 3 SIT TO STAND

Stand with a sturdy chair behind you, knees just in front of the seat. Bend at the knees and hips, slowly lowering yourself to a sitting position. Pause, then stand up. Use a chair with arms for extra support. Repeat 10 times.



## 4 STEP UP

Stand in front of a low step with feet shoulder-width apart. Place one foot firmly on the step. Push through the heel, bringing the other foot onto the step. Slowly return one foot to the ground, then the other. Repeat 10 times for each leg. **Challenge move:** Use a higher step.



## 5 FORWARD LUNGE

Stand with feet shoulder-width apart. Lift one foot and step forward, planting your foot firmly on the ground. Slowly shift your weight onto your front foot, lowering your body to a comfortable position. Return to the starting position. Repeat 10 times for each leg.

## TIPS:

Hold onto a railing, the back of a sturdy chair or a countertop for support. Make each exercise more challenging by doing more repetitions, performing the movement without support, or holding weighted objects.



**Marshfield Clinic**

Don't just live. Shine.

“ Lily of the valley ”



alamy

Follow the color pattern  
of the flower

Image ID: P6GEE8  
[www.alamy.com](https://www.alamy.com)

word search puzzle

# Mother's Day

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

BOUQUET  
MAY  
CAKE  
MOMMY  
CARD  
SUNDAY  
CELEBRATE  
TRADITION  
COOKIES  
LOVE  
FLOWERS  
HUG  
GRATEFUL  
FAMILY  
HEART  
KISS



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**We're on the  
web  
[www.ccbq.org](http://www.ccbq.org)**

Narrows Family Circle

## *Social Work Corner*

*Please schedule an appointment to get screened for benefits and entitlements.  
Please inquire about our transportation service and the required eligibility for application.*

*We have SNAP, HEAP and EPIC on site  
Information and referrals are available upon request*

*Apply for Internship, volunteer and community service.*

*We are currently accepting volunteers for workshops and provide full college credit towards internship hours  
Call today!!!*

### **Orange Ginger Hot Chocolate**

- 2 cups oat milk (or other milk)
- 1 teaspoon orange zest (I used a blood orange, but regular oranges are fine)
- 1/4 cup orange juice
- 1-2 Tablespoons sugar, depending on how sweet you like it
- 3 ounces Theo ginger chocolate, chopped (or 3 ounces dark chocolate + 1/2 teaspoon chopped fresh ginger)

Combine the milk, orange zest, orange juice and sugar (if you like it a little sweeter) to a small saucepan over medium-low heat. Bring the milk just to a simmer – you don't want it to start boiling because it will curdle and add graininess to the texture.

