



JULY 2022

Senior Voices

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES
BAYSIDE SENIOR CENTER

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

Phone #: (718) 225 - 1144



NYC Department for the Aging

NYC Department for the Aging

NYC Department for the Aging



JULY 2022

Zo^oming Along!

JUNE 2022

The collage features several Zoom meeting screenshots. One large screenshot shows a woman in a black tank top and patterned pants performing a shoulder stretch. Another shows a woman in a white t-shirt with 'TEAM' on it. A third shows a woman in a black tank top and patterned pants performing a side stretch. A fourth shows a woman in a yellow shirt and colorful pants performing a side stretch. A fifth shows a woman in a white t-shirt performing a side stretch. A sixth shows a woman in a white t-shirt performing a side stretch. A seventh shows a woman in a white t-shirt performing a side stretch. A eighth shows a woman in a white t-shirt performing a side stretch. A ninth shows a woman in a white t-shirt performing a side stretch. A tenth shows a woman in a white t-shirt performing a side stretch. A eleventh shows a woman in a white t-shirt performing a side stretch. A twelfth shows a woman in a white t-shirt performing a side stretch. A thirteenth shows a woman in a white t-shirt performing a side stretch. A fourteenth shows a woman in a white t-shirt performing a side stretch. A fifteenth shows a woman in a white t-shirt performing a side stretch. A sixteenth shows a woman in a white t-shirt performing a side stretch. A seventeenth shows a woman in a white t-shirt performing a side stretch. A eighteenth shows a woman in a white t-shirt performing a side stretch. A nineteenth shows a woman in a white t-shirt performing a side stretch. A twentieth shows a woman in a white t-shirt performing a side stretch. A twenty-first shows a woman in a white t-shirt performing a side stretch. A twenty-second shows a woman in a white t-shirt performing a side stretch. A twenty-third shows a woman in a white t-shirt performing a side stretch. A twenty-fourth shows a woman in a white t-shirt performing a side stretch. A twenty-fifth shows a woman in a white t-shirt performing a side stretch. 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A seventy-eighth shows a woman in a white t-shirt performing a side stretch. A seventy-ninth shows a woman in a white t-shirt performing a side stretch. An eightieth shows a woman in a white t-shirt performing a side stretch. An eighty-first shows a woman in a white t-shirt performing a side stretch. An eighty-second shows a woman in a white t-shirt performing a side stretch. An eighty-third shows a woman in a white t-shirt performing a side stretch. An eighty-fourth shows a woman in a white t-shirt performing a side stretch. An eighty-fifth shows a woman in a white t-shirt performing a side stretch. An eighty-sixth shows a woman in a white t-shirt performing a side stretch. An eighty-seventh shows a woman in a white t-shirt performing a side stretch. An eighty-eighth shows a woman in a white t-shirt performing a side stretch. An eighty-ninth shows a woman in a white t-shirt performing a side stretch. A ninetieth shows a woman in a white t-shirt performing a side stretch. A hundredth shows a woman in a white t-shirt performing a side stretch.

Participants (18)

- Kammy Fung
- Ecs
- Galaxy A71
- iPhone
- iPhone L
- Jenny
- Lannie
- Lily Chan K000005107
- LilyChan Koooo5107
- Pui Wan Fung
- Sharon Wang
- Su Z Mui
- Yueh's iPhone
- 伍小姐 646-477-3083

Participants (43)

- Raices
- Rhona ribeiro
- Rita Khiani
- Rorima Wilson
- Sneh
- sonia_k_pic
- thora
- Times Plaza lobby
- William Chin's iPhone
- Xenia Goldson
- Yolanda
- Yuliana
- Yvonne Harry
- Zelda Lew

Fourth of July

Word Search Puzzle



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



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER

BAYSIDE SENIOR CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

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



BAYSIDE SENIOR CENTER STAFF



Pang Chu Program Manager
Kathy Lundgren Office Manager
Vacant..... 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
Sham Vasisht Title V DFTA

ADVISORY COUNCIL

Officers:

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

Ellen Arnold
Rosa Farmer
Sally Pincus
Jane Chin

Members:

Rose Baskin
David Zirman
Carmela Pozzi
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.



The Bulletin Board



Jewelry Swap Scheme

Eastern European traveling theft groups, referred to as “gypsies”, commit jewelry swap thefts and family-in-distress scams against the elderly.

Investigations have identified some members of the Romani community, sometimes referred to as “gypsies” who target the elderly in New York City and elsewhere for their jewelry.

The most common theft involves

- Approaching an elderly person on the sidewalk or in front of their home.
- They use a ruse to get close to the victim and place fake jewelry on them while removing their real jewelry.
- They also offer fake jewelry in exchange for cash.
- They usually travel in rented SUVs or minivans. Some have out of state tags and/or the license plates have been covered.
- A male will drive the vehicle; the female will ride in the back seat canvassing for potential victims.
- The men appear well-dressed and have flashy jewelry.
- Many times they will have their children participate in the crime.
- Females will often wear colorful headscarves and long skirts or dresses.

Witnesses or victims should call 911 if they are approached in one of these scams, and make a note of the description of the vehicle.



4TH of July

WORD SEARCH

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

AMERICA
BARBECUE
BEAUTIFUL
BLUE
BRAVE

FIREWORKS
FLAG
FOURTH OF JULY
FREEDOM
INDEPENDENCE DAY

LAND OF THE FREE
MAJESTIC
MILITARY
RED
STARS

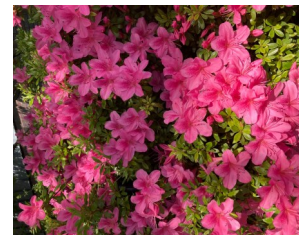
STATUE OF LIBERTY
STRIPES
UNCLE SAM
USA
WHITE

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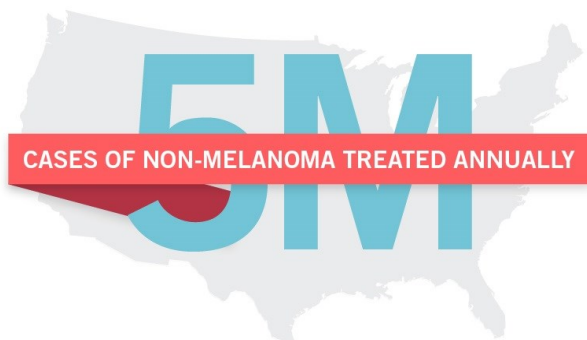


RESOURCES



JULY IS UV SAFETY MONTH

Why is it Important to Protect Yourself?



*90% of Non-Melanoma Skin Cancers
are Associated to UV Radiation*

Reference: All data and information sourced from the Skin Cancer Foundation

CuraScriptSD[®]



July is **Minority** Mental Health Month

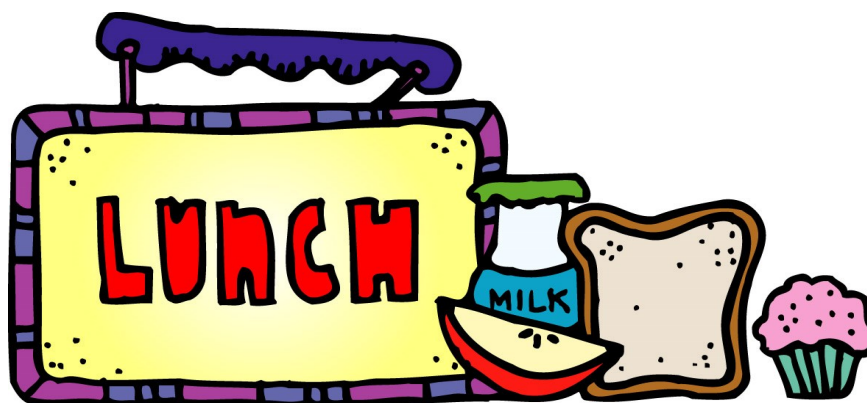
afsp.org/MinorityMentalHealth



American
Foundation
for Suicide
Prevention



JULY 2022



Monday	Tuesday	Wednesday	Thursday	Friday
			<u>MENU MAY CHANGE WITHOUT PRIOR NOTICE</u>	1 Baked Fish w/ Garlic Sauce Rice Pilaf Whole Wheat Bread Steamed Green Beans Milk/Bread/Fruit/Juice
4 Center Closed	5 Sunshine Salad w/ Grilled Chicken Whole Wheat Bread Green Bean Salad Milk/Bread/Fruit/Juice	6 Baked Ziti w/ Ricotta Whole Wheat Bread Steamed Broccoli Peach Milk/Bread/Fruit/Juice	7 Baked Asian Style Honey Chicken, Rice Pilaf Whole Wheat Bread Yellow Squash Milk/Bread/Fruit/Juice	8 Baked White Fish w/ Garlic Crumb Crust Quinoa (1/2 cup) Whole Wheat Bread Milk/Bread/Fruit/Juice
11 Vegetable Lo Mein Whole Wheat Bread Steamed Broccoli and Cauliflower Milk/Bread/Fruit/Juice	12 Chicken Salad Pita Halves Garden Salad Apple Juice, Orange Milk/Bread/Fruit/Juice	13 Beef Meatloaf Mushroom Gravy, Whole Wheat Bread Carrots, Homemade Mashed Potatoes, Orange Juice Milk/Bread/Fruit/Juice	14 Chicken Gumbo Combread Garden Salad Apple Juice, Orange Milk/Bread/Fruit/Juice	15 Cooked Shrimp (3 oz) Rice w/ Vegetables Whole Wheat Bread Roasted Zucchini Milk/Bread/Fruit/Juice
18 Vegetable Lasagna Croutons for Caesar Salad Tomato Sauce (pre-prepared) (1/4 cup), whole Wheat Bread Garden Salad, Apple Juice Milk/Bread/Fruit/Juice	19 Chicken Marsala Rice Pilaf Whole Wheat Bread Sautéed Spinach Orange Juice, Pear Milk/Bread/Fruit/Juice	20 Egg Salad Pita Halves Cucumber Salad Apple Juice, Peach Milk/Bread/Fruit/Juice	21 Chicken Caprese Whole Wheat Bread Roasted Potatoes Steamed Croccoli Apple, Orange Juice Milk/Bread/Fruit/Juice	22 Baked Fish w/ Garlic Sauce Roasted Vegetable Couscous Whole Wheat Bread Carrots, Apple Juice, Orange Milk/Bread/Fruit/Juice
25 Vegetable Ratatouille Brown Rice (1/2 cup) Whole Wheat Bread Garden Salad, Apple Juice Milk/Bread/Fruit/Juice	26 Sesame Chicken Rice Pilaf Whole Wheat Bread Oriental Blend, Apple Juice Milk/Bread/Fruit/Juice	27 Baked Breaded Pork Chops Whole Wheat Bread Garlic Mashed Potatoes Summer Corn & Pepper Salad Milk/Bread/Fruit/Juice	28 Balsamic Chicken Thighs Egg Noodles Whole Wheat Bread Garden Salad, Apple Juice Milk/Bread/Fruit/Juice	29 Sweet Orange Salmon Cous Cous, Israel Salad Whole Wheat Bread Apple, Orange juice Milk/Bread/Fruit/Juice

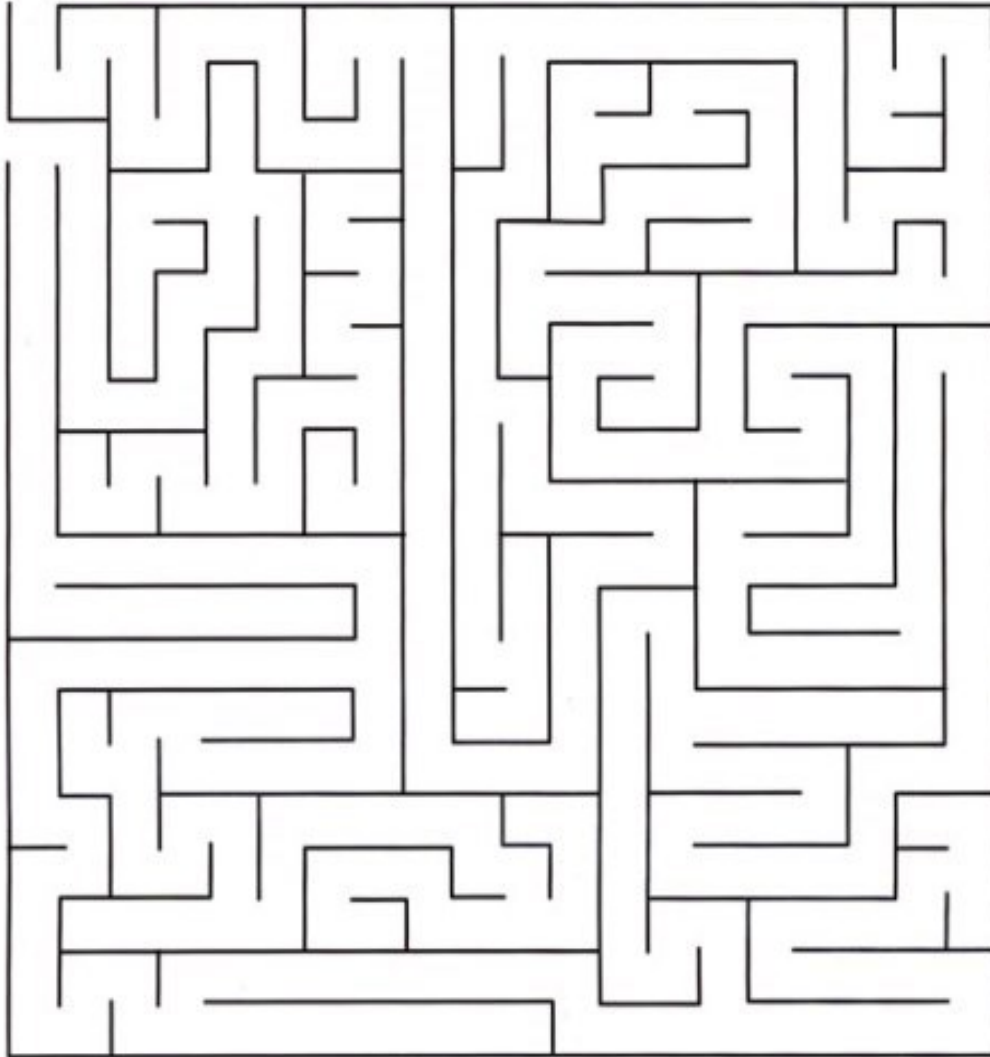
4th of July MAZE



Start




Finish



Can you help Andy get his STAR back ?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CATHOLIC CHARITIES ACTIVITIES CALENDAR JULY 2022			1 Ballroom Dancing w/ Jennifer 9:00 – 9:45am Age-Tastic! 10:00 – 11:00am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm
4 Center Closed <u>Independence Day</u>	5 Line Dancing w/ Jennifer 9:00 – 9:45am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm Bingo 12:30 – 1:30pm	6 Low Impact Aerobics w/ Ira 9:30 – 10:30am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00am – 1:00pm Karaoke 10:30am – 3:30pm	7 Sing Melody 9:30am Wing-Chun w/ David 10:00 – 11:00am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm Line Dance w/ Harrison 1:00 – 2:30 pm	8 Ballroom Dancing w/ Jennifer 9:00 – 9:45am Age-Tastic! 10:00 – 11:00am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm
11 Belly Dancing w/ Amira 10:00 – 11:00am Zumba Dancing w/ Amira 11:00am – 12:00pm Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm Bingo 12:30 – 1:30pm	12 Line Dancing w/ Jennifer 9:00 – 9:45am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm Bingo 12:30 – 1:30pm	13 Low Impact Aerobics w/ Ira 9:30 – 10:30am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm Karaoke 10:30am – 3:30pm	14 Sing Melody 9:30am Wing-Chun w/ David 10:00 – 11:00am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm Line Dance w/ Harrison 1:00 – 2:30pm	15 Ballroom Dancing w/ Jennifer 9:00 – 9:45am Age-Tastic! 10:00 – 11:00am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm
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25 Belly Dancing w/ Amira 10:00 – 11:00am Zumba Dancing w/ Amira 11:00 – 12:00pm Congregate Lunch 11:30am-12:30pm Grab and Go Meals 12 - 1:00pm Bingo 12:30 – 1:30pm	26 Line Dancing w/ Jennifer 9:00 – 9:45am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm Bingo 12:30 – 1:30pm	27 Low Impact Aerobics 9:30 – 10:30am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00 – 1:00pm Karaoke 10:30am – 3:30pm	28 Sing Melody 9:30am Wing Chun w/ David 10:00 – 11:00am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12:00pm Line Dance w/ Harrison 1:00 – 2:30pm	29 Ballroom Dance w/ Jennifer 9:00 – 9:45am Age-Tastic! 10:00 – 11:00am Congregate Lunch 11:30am – 12:30pm Grab and Go Meals 12 – 1pm

YOUR EYES ARE EXPOSED TO UV 365 DAYS A YEAR

*Every day, whether it's sunny or cloudy, summer or winter,
your eyes and vision can be damaged by exposure to UV radiation.*

Make sure to look for a
label, sticker or tag
indicating UV protection
before purchasing
a pair of sunglasses.

And always buy from
a trusted reputable retailer,
who complies with frame and
lens safety criteria set
by industry standards.

1 In 4 Americans
rarely or never wear
sunglasses,
leaving eyes at risk



2 In 3 Americans
leave eyes unguarded
on cloudy or rainy days



3 In 10 Americans
don't protect their eyes
in the winter,
when UV rays are
still present



40% of UV exposure
occurs when we are **NOT**
in direct sunlight

The dangers of unprotected UV exposure
are underrecognized:

- Sunburned eyes
(58% don't identify connection)
- Cataracts (65% don't identify connection)
- Age-related macular degeneration
(65% don't identify connection)



**REFLECTED UV LIGHT
IS JUST AS DAMAGING
AS DIRECT UV**



WATER
REFLECTS UP TO
100%



SNOW
REFLECTS UP TO
85%



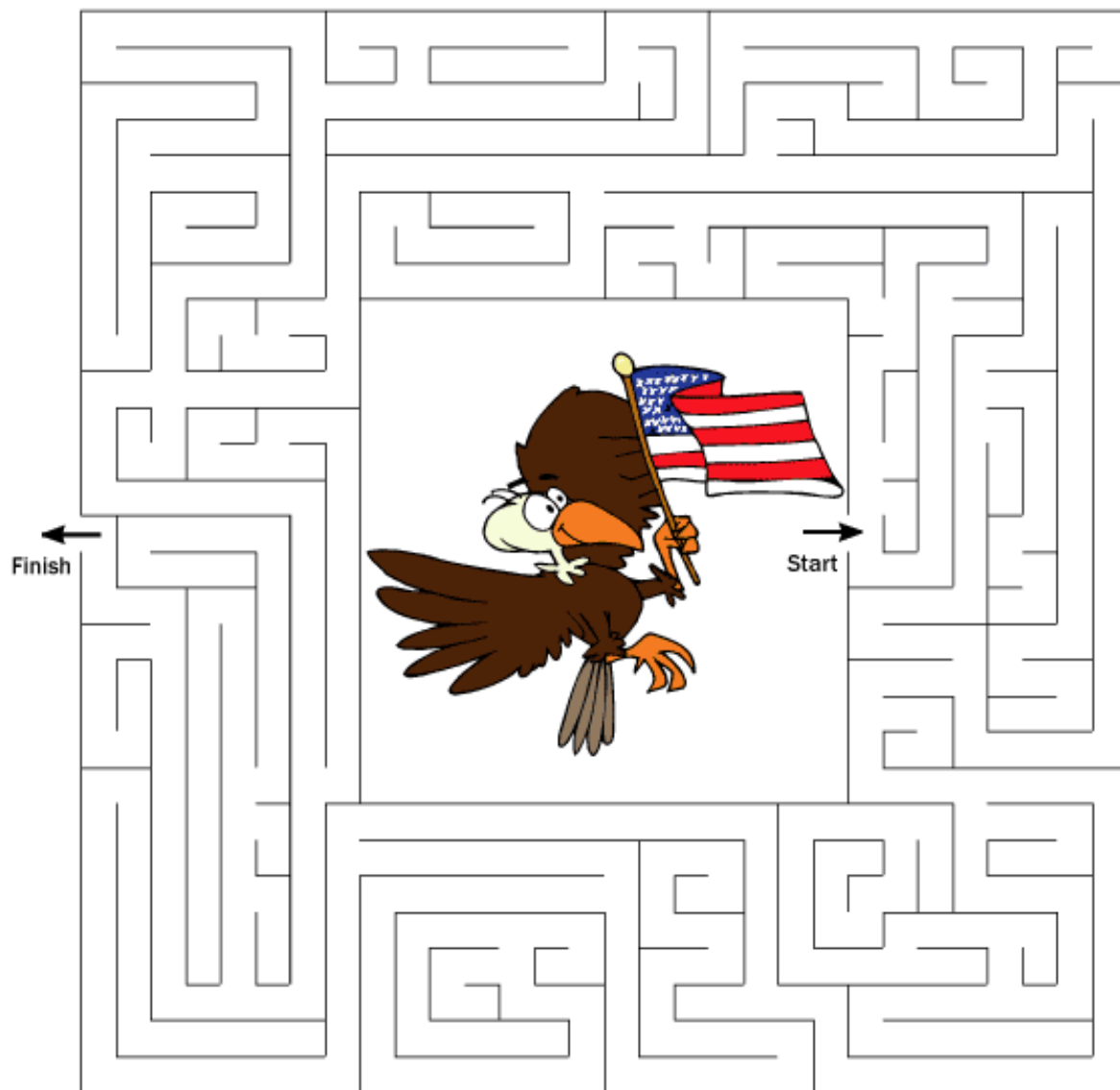
DRY SAND & CONCRETE
REFLECT UP TO
25%



GRASS
REFLECTS UP TO
3%



JULY





INQUIRING MINDS WANT TO KNOW

Why are you grateful that you met Veronica Chow,, our Case Manager?

Christina Lau - knows that Veronica has knowledge and is a nice and very helpful person.

Dora Thong - found Veronica to be very helpful whenever she needed information and assistance. She will deeply miss Veronica and wishes her the best.

Farida Doss - Veronica helped her a lot. She will dearly miss Veronica and wishes the best to her.

Mary Ryan - Veronica is a very nice person. Mary is sorry to hear that she's leaving but knows that she'll enjoy being with her family.

Mary Ann Lam Lo - found Veronica to be a very nice and helpful person.

Pat Walton - no matter what she asked her, Veronica was always helpful and gracious in handling every situation. Veronica has a wonderful personality.

When I did not understand a monthly rental adjustment, Veronica had me bring in certain papers and slowly explained the requirements. She was always there when you had any problem. I, along with other members, wish her much happiness in her new life venture.



Advisory Council VP, Susan Hall



Where do you like to watch the July 4th fireworks?

Eli Wang - watches the Macy's display on the East River on his television.

Elizabeth Mui - likes watching it on television.

Georgette Chegade - enjoys having the family visit and buys fireworks for her children to enjoy the display in her backyard.

Laurie Hammer - used to go on the #7 train to Queensboro Plaza to watch the fireworks on the East River. Because of all the high-rise buildings now blocking her view, she watches it on her television.

Margaret Whang - from her Brooklyn apartment, she can see the Empire State Building and get a good view of the fireworks.

Paula Molon - from Gantry State Park in Long Island City, she has a great view of the fireworks on the East River.

Ram Sharma - used to go to Manhattan to see the fireworks but now watches it on her television.

Vincent Yuk - stays home and watches it on his television.

Like many of our members, I enjoy watching the fireworks at home on my television. Later on, I go out on my terrace and watch the fireworks set off in my neighborhood.



4th OF JULY FIREWORKS

WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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



BANG

BLAST

BLUE

BOOM

BURST

COLORS

CROWDS

DARK

DISPLAY

FIZZ

FLARES

GLITTER

KIDS

LIGHT

MUSIC

PARTY

PROGRAM

PUBLIC

RED

ROCKET

SAFETY

SHIMMER

SKY

SOUND

SPARKLERS

SPIN

WATCH

WHITE



The Bulletin Board



New York City Police Department
111th Precinct Crime Prevention Unit
45-06 215 Street
(718) 279-0884
Neighborhood Coordination Officers

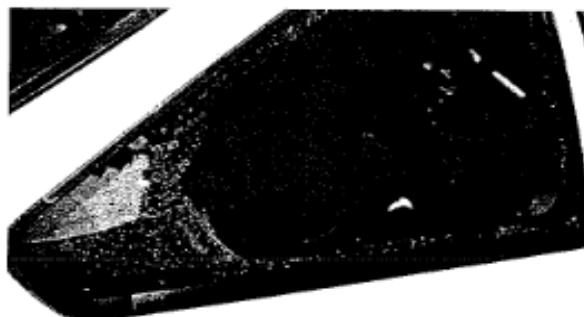


WARNING!!

Do Not Leave Your Valuables Visible & Unattended in Your Vehicle



Why give a thief the opportunity?



Most thieves break into cars because they see something they want inside.

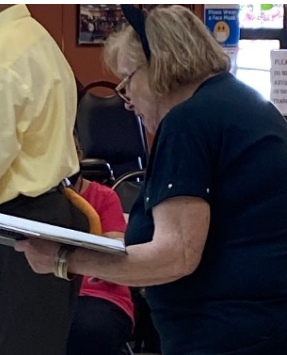
You can help protect yourself by following the steps below:

- Never leave valuables (e.g. pocketbooks, handbags, shopping bags, mobile phones, lap top computers, luggage, cameras, extra keys, or any other electronic device) visible inside your vehicle.
- Always lock your car doors and windows
- If you do need to leave any of the above items in the vehicle, don't leave them where they can be seen. Please conceal them before you reach your destination and park, just in case you are being watched.
- Park your vehicles in well-lit areas.

SEE SOMETHING ~ SAY SOMETHING

JULY 2022

Happy Recap! June 2022



NYC Department for the Aging

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NYC Department for the Aging

NYC Department for the Aging