

November/Noviembre 2022



HIGHLIGHTS

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
**WOODHAVEN-RICHMOND HILL
OLDER ADULT 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 Staff / Un Mensaje de personal

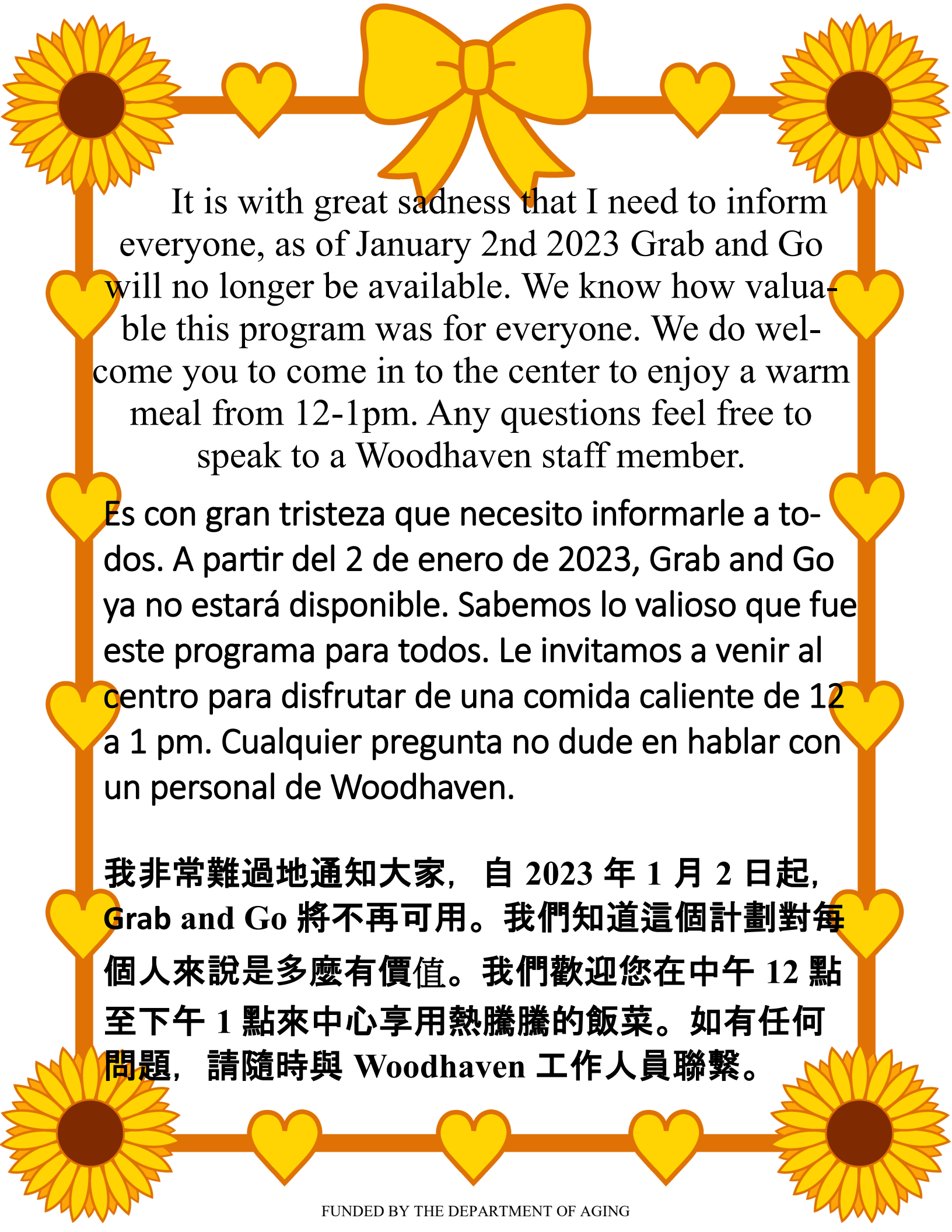
Hi Everyone,

Happy November to everyone! The season is getting colder so I hope everyone stays healthy and safe. November 11 is Veterans Day and I would like to thank all of our veterans for their service to our country. The staff and I would also like to wish you and your family a very happy and healthy Thanksgiving. Please pay attention to our activities calendar for all of our upcoming activities and to any changes to some of our activities too.

With Love,

The Staff of Woodhaven-Richmond Hill Older Adult Center





It is with great sadness that I need to inform everyone, as of January 2nd 2023 Grab and Go will no longer be available. We know how valuable this program was for everyone. We do welcome you to come in to the center to enjoy a warm meal from 12-1pm. Any questions feel free to speak to a Woodhaven staff member.

Es con gran tristeza que necesito informarle a todos. A partir del 2 de enero de 2023, Grab and Go ya no estará disponible. Sabemos lo valioso que fue este programa para todos. Le invitamos a venir al centro para disfrutar de una comida caliente de 12 a 1 pm. Cualquier pregunta no dude en hablar con un personal de Woodhaven.

我非常難過地通知大家，自 2023 年 1 月 2 日起，Grab and Go 將不再可用。我們知道這個計劃對每個人來說是多麼有價值。我們歡迎您在中午 12 點至下午 1 點來中心享用熱騰騰的飯菜。如有任何問題，請隨時與 Woodhaven 工作人員聯繫。

November

CCNS Woodhaven-Richmond Hill Older Adult Center

2022

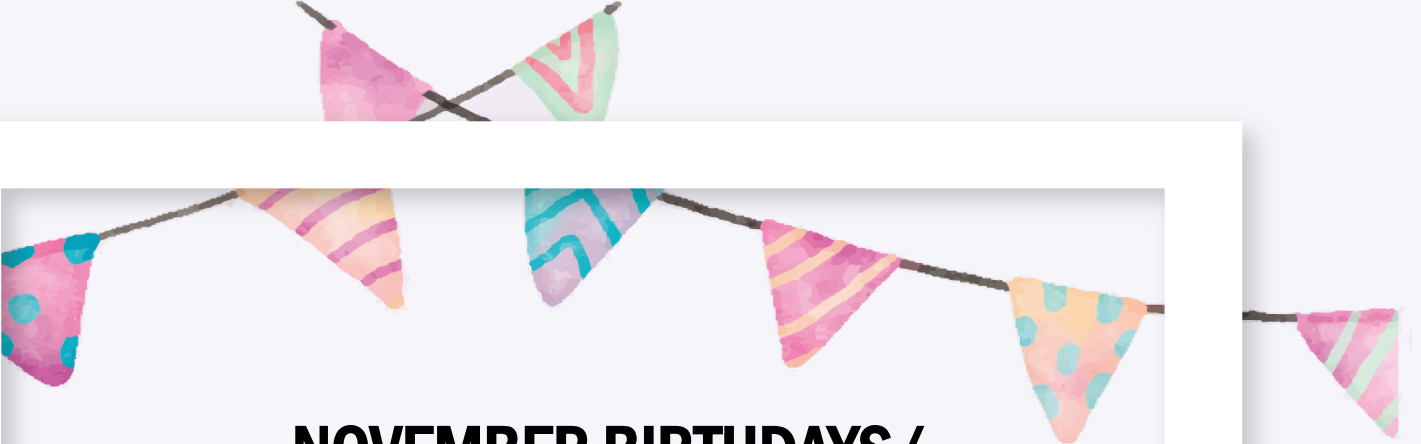
*** All Activities are Subject to Change**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|---|----------|
| | | 1 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 2 10am- Pedestrian Safety Presentation 11am- Bingo 1pm- Belly Dancing | 3 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Dominoes | 4 10am- Oral Health and Nutrition Presentation 11am- Bingo 1pm- JoAnn Award Ceremony | 5 |
| 6 | 7 10am- Flu and COVID informational 11am- Bingo 1pm- Evidence Based-SAIL | 8 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 9 10am- ESL Class 11am- Bingo 1pm- Belly Dancing | 10 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Dominoes | 11 10am- Arts and Craft with Loreta 11am- Bingo 1pm- Evidence Based-SAIL | 12 |
| 13 | 14 10am- Smart Device Class 11am- Bingo 1pm- Evidence Based-SAIL | 15 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 16 10am- Adult Painting 11am- DFTA Cooking Live 1pm- Belly Dancing | 17 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Arts & Craft with Tessie | 18 10am- Arts and Craft with Loreta 11am- Bingo 1pm- Monthly Birthday Party | 19 |
| 20 | 21 10am- Smart Device Class 11am- Bingo 1pm- Evidence Based-SAIL | 22 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 23 10am- ESL Class 11am- Bingo 1pm- Belly Dancing/ Thanksgiving Celebration | 24 CENTER CLOSED | 25 CENTER CLOSED | 26 |
| 27 | 28 10am- Smart Device Class 11am- Bingo 1pm- Evidence Based-SAIL | 29 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 30 10am- Arts and Craft with Loreta 11am- Bingo 1pm- Belly Dancing | | | |

CCNS Woodhaven-Richmond Hill OAC

MENU November 2022 (MENU SUBJECT TO CHANGE)

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|----|--|---|---|---|---|----|
| 31 | | 1 Chicken Parmesan with Sauteed Onions and Garlic Multigrain Bread Spaghetti (1/2 cup) Roasted Zucchini Grapes Orange Juice | 2 Apricot-Glazed Pork Chops Multigrain Bread Homemade Mashed Potatoes Roasted Broccoli Apple | 3 Baked Ziti with Cheese Multigrain Bread Italian Blend Vegetables Grape Juice, Unsweetened Orange | 4 Baked Fish with Lemon Garlic Butter Sauce Multigrain Bread Yellow Rice Sauteed Spinach Apple Orange Juice | 5 |
| 7 | BBQ Pulled Pork Cornbread Multigrain Bread Braised Collard Greens Warm Potato Salad Apple Juice Orange | 8 Baked Asian Style Honey Chicken Chinese Style Spaghetti Multigrain Bread Oriental Blend Vegetables Apple | 9 Omelette with Spinach and Parmesan Cheese Multigrain Bread Home Fries with Peppers and Onions Sauteed Spinach Grapes Orange Juice | 10 Beef Stroganoff with Noodles Multigrain Bread Steamed Peas Grape Juice, Unsweetened Honeydew | 11 Fillet of Sole Florentine Multigrain Bread Yellow Rice California Blend Vegetables Apple Juice Pear | 12 |
| 14 | Omelets with Peppers and Onions Multigrain Bread Home Fries with Peppers and Onions Sautéed String Beans Apple Fruit Cocktail | 15 Roasted Turkey Stuffing Mashed Potato String bean Almandine Dinner Roll Pumpkin Bread Cranberry Sauce | 16 Italian Roast Chicken Multigrain Bread Garlic Mashed Potatoes Italian Blend Vegetables Pear | 17 Pernil (Roasted Pork Shoulder) Multigrain Bread Yellow Rice and Pigeon Peas Steamed Peas and Carrots Apple Juice Orange | 18 Baked Fish with Cream Sauce Multigrain Bread Garlic Mashed Potatoes Steamed Broccoli Grape Juice, Unsweetened | 19 |
| 21 | Chicken Fajitas Multigrain Bread Perfect White Rice Steamed Peas and Carrots Apple Grape Juice, Unsweetened | 22 Beef Meatballs in Tomato Sauce Multigrain Bread Spaghetti (1/2 cup) Roasted Zucchini Apple Juice Orange | 23 Baked Breaded Pork Chops Multigrain Bread Apple Sweet Potatoes Collard Greens with Tomato Applesauce | 24 Center Closed Happy Thanksgiving! | 25 Center Closed | 26 |
| 28 | Vegetable Lasagna Multigrain Bread Sauteed Zucchini Orange | 29 Turkey with Gravy Multigrain Bread Homemade Mashed Potatoes Sauteed String Beans (1/2 cup) Canned Pears | 30 Shepherd Pie with Beef and Turkey Multigrain Bread Normandy Blend Cantaloupe | 1 | 2 | 3 |



NOVEMBER BIRTHDAYS/ CUMPLEAÑOS DE NOVIEMBRE

Franklyn Allen

Rosa Alvarado

Earl Carman

Ellen Cesarski

Kei Kam Chan

Anita Del Rosario

Ruth Ehgartner

Nadia Fedoriw

Edwin Natal

Patrocinia Perez

Maria Elena Sanchez

Jorge Vilca

Fall Word Search

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



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

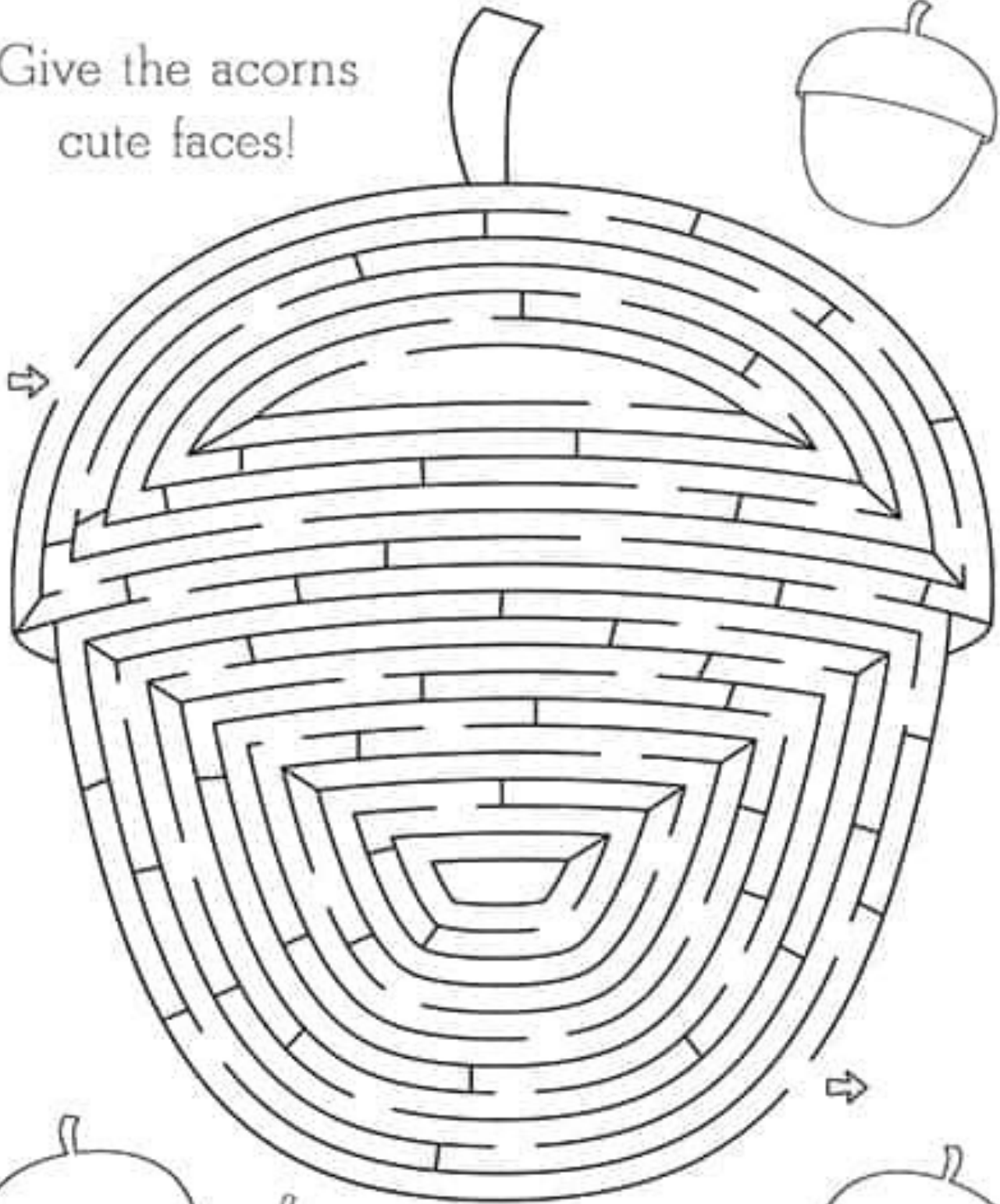
PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



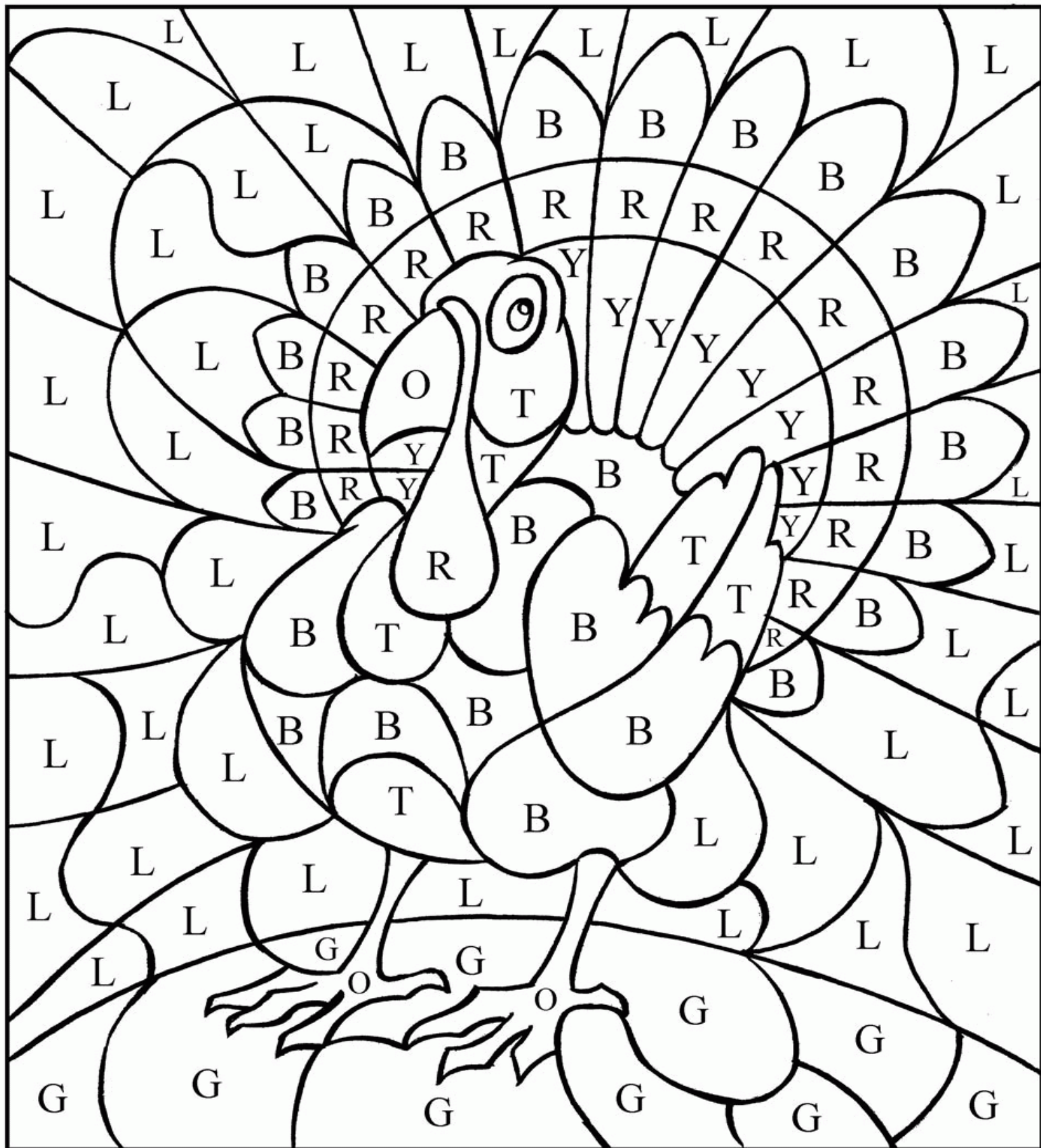
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Acorn Maze

Give the acorns
cute faces!



www.BrainyMaze.com



B = Brown T = Tan R = Red
 G = Green Y = Yellow W = White
 O = Orange L = Light Blue

www.Reading-With-Kids.com

FUNDED BY THE DEPARTMENT OF AGING

Poem of the Month

November
by Margaret Morgan

Now it is November,
Trees are nearly bare;
Red and gold and brown leaves
Scatter everywhere.

Dark now, are the mornings
Cold and frosty too;
Damp and misty evenings
Chill us through and through.

Busy are all creatures,
Winter food to hide;
Nests to make all cozy
Warm and safe inside.



November is Diabetic Awareness Month

DIABETES AND YOUR DIET



There is a major myth about diabetes and diet and it is that people with diabetes need to eat special foods.

NO, THEY DON'T. Packaged foods with special "diabetes-friendly" claims may still raise blood glucose levels, be more expensive, and/or contain alcohols that can have a laxative effect.

A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone. In general, a healthy eating plan for diabetes will include lots of non-starchy vegetables, limit added sugars, swap refined grains for whole grains and prioritize whole foods over highly processed foods when possible.

However, Foods and drinks high in refined carbs can throw blood sugar levels soaring. Here, experts share 6 top foods that tend to spike blood sugar levels — and how to include them in moderate amounts for more stable blood sugar levels.

1. White Grains, Which Are a Refined Source of Carbs

White foods, such as white bread, pasta, and rice, are all examples of refined carbohydrate sources, meaning they have a lot of their fiber removed during processing, according to the American Heart Association. Fiber is a type of carbohydrate that has many benefits. It's not digested by the body, so it improves gut health and slows digestion, which help blood sugar levels. It also helps you feel fuller longer, to reduce overeating, which can negatively affect blood sugar.



Choose whole grains, such as whole-grain bread, whole-wheat pasta, and brown rice, which are rich in fiber. Quinoa, amaranth, buckwheat, and hulled barley, are also healthy options. However, you still can include small amounts of white grains in your diet with the right approach. Try pairing them with lean meats, healthy fats, and other relatively low-carb sources of fiber. According to the American Diabetes Association (ADA) rice or pasta alongside a chicken breast and broccoli sautéed in olive oil makes a balanced meal that will keep blood sugar levels steady, as long as you portion control the refined carbohydrate.

1/3 cup of cooked white pasta counts as a single serving

2. Sugar-Sweetened Drinks, Which Lack Key Nutrients

Drinks like soda, sweetened iced tea, and even fruit juice contain heavy amounts of sugar and virtually no protein, fat, or fiber. They also keep you from feeling satisfied and full, so you tend to drink more, and this raises blood sugar even more.



However a small serving of these beverages can be helpful in quickly raising blood sugar when people are struggling with acute hypoglycemia, or a sudden drop in blood sugar. Start with ½ cup and see if the symptoms normalize.

Still, your main beverage of choice should be water. If you have trouble putting away water without the flavor, try adding pieces of freshly sliced fruit to your glass of water.

3. Fast Food, Which Is an Unexpected Sugar-Bomb

Fast food items tend to also be high in sugar and refined carbohydrates.

Some popular drive-thru burgers contain as much as a candy bar. The U.S. Department of Agriculture (USDA) says that a McDonald's double quarter pounder with cheese contains 10 grams (g) of sugar and 43 g of carbs, compared with a 2-ounce Snickers bar's 29 g of sugar and 35 g of carbs.

When fast food is the only option, remember that buns, breading, condiments, fries, and soda tend to all be very high in sugar and refined carbohydrates, so keep these foods that you order to a minimum.



4. Fruits Which Can Send Blood Sugar Soaring When Overeaten

Fruit is rich in vitamins, minerals, antioxidants, and fiber, all of which are great for your health and management of type 2 diabetes.

Choose whole fresh or frozen options when possible because they're unprocessed and don't have any added sugars. If you prefer canned, make sure the fruit is packed in water, not sugary syrup. Dried fruits that don't contain added sugar, are dehydrated and can still drastically spike your blood sugar.



One tennis-ball-sized piece of fruit counts as one serving.

5. Starchy Vegetables, Which in Large Amounts Can Destabilize Blood Sugar

Starchy vegetables like potatoes, peas and corn have more carbohydrates than nonstarchy vegetables like broccoli, cauliflower, cabbage, and lettuce. They still provide good nutrients, and some can even be higher in fiber than nonstarchy vegetables.

When planning meals that contain starchy vegetables, just make sure to pair it with lean proteins and portion control.



1 serving of cooked vegetable is a ½ cup

6. Nondairy Milk, Which Can Surprisingly Be High in Sugar

Non-dairy milk like oat milk and rice milk are very high in sugar. Unsweetened soy tends to be the least likely to spike your blood sugar thanks to lower sugar levels and high protein levels. Nutrition information varies by brand, so be sure to read labels. 1 cup of Silk unsweetened soy milk contains 1 g of sugar (no added sugar) and 7 g of protein.



[illegible]

When there isn't enough insulin too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as [heart disease](#), [vision loss](#), and [kidney disease](#).

- ## DIABETES SYMPTOMS

- Urinating often.
- Feeling very thirsty.
- Feeling very hungry—even though you are eating.
- Extreme fatigue.
- Blurry vision.
- Cuts/bruises that are slow to heal.
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

WAYS TO MANAGE DIABETES

1. losing weight
2. eating healthy food
3. being active
4. taking medicine as needed
5. getting diabetes self-management education and support

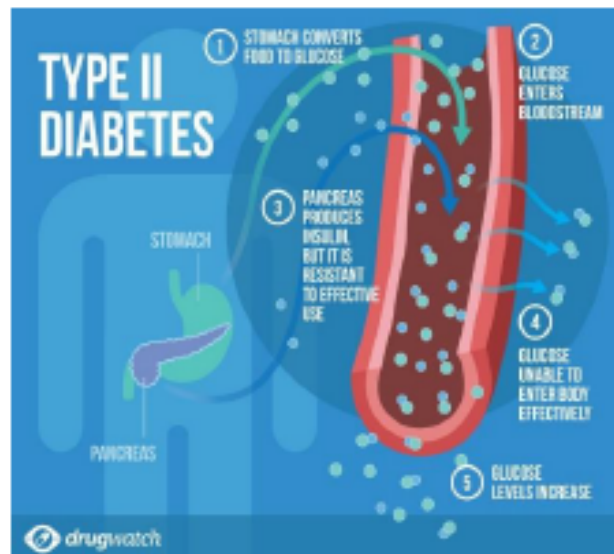


TYPES OF DIABETES

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

However about 90-95% of people have type 2 Diabetes. It develops over many years and is usually diagnosed in adults. However more and more in children, teens, and young adults are being diagnosed. There may not be symptoms so it's important to get your blood sugar tested if you're at risk.

Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.





What's happening at the center

Arts and Crafts



HAPPY birthday

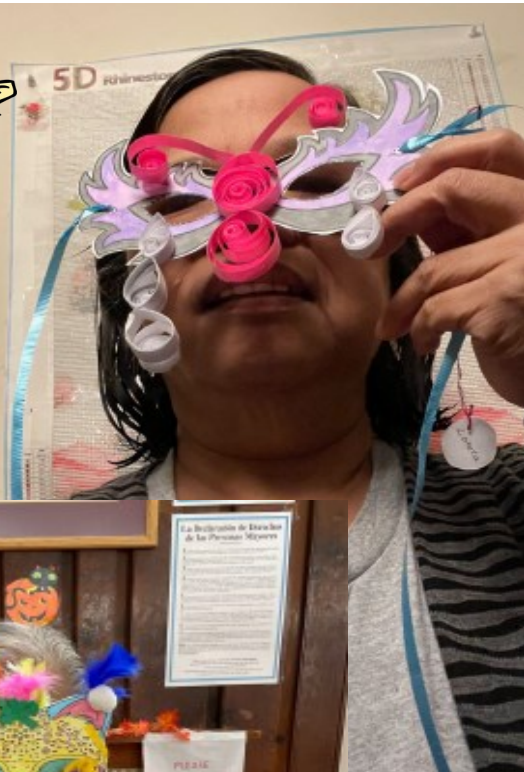
October Birthday Party



FUNDED BY DEPT OF AGING

What's happening at the center

Halloween Masquerade Dance





FUNDED BY THE DEPARTMENT OF AGING



In Honor of Our Multicultural Community



Happy
THANKSGIVING
Day



WOODHAVEN - RICHMOND HILL OAC

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
Karina MunozCase Manager
Donna Theodorou.....Office Manager
Tessie ArceTransportation Coordinator
Henry JamesMaintenance
Daniel Persaud.....Driver
.....Driver

ADVISORY COMMITTEE

| | |
|--------------------|----------------|
| Loreta Mendoza | President |
| Federico Velasquez | Vice President |
| Olga Acevedo | Treasurer |
| Carmen Beato | Secretary |
| JoAnn Bartos | Advisory |
| Fenadis Guardo | Advisory |
| Carmen Inesta | Advisory |
| Vacant | Fire Guard |

IN PERSON ACTIVITIES ARE BACK AT WOODHAVEN - RICHMOND HILL OLDER ADULT CENTER BUT WITH LIMITED SEATING FOR SOCIAL DISTANCING. CONGREGATE MEALS ARE BACK. WE STILL HAVE GRAB AND GO. IT IS FIRST COME FIRST SERVE FOR BOTH. FOR MORE INFORMATION PLEASE CALL 718-847-9200. THANK YOU!

**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.

OLDER NEW YORKER'S DAY 2022

Dept. For The Aging Honors

JoAnn Bartos

from

CCNS Woodhaven- Richmond Hill OAC

You're Invited to Celebrate with Us **Virtually!**

<https://tinyurl.com/yxjshayr>

or

<https://www.youtube.com/c/NewYorkStateOfficefortheAging>

or

<https://www.facebook.com/NYSAGING>

FRIDAY, 4TH NOVEMBER 2022

1 pm

CCNS Woodhaven-Richmond Hill OAC



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899

Turkey Distribution

to Support Families during Thanksgiving



Thursday, November 17, 10 AM

**Presentation of the Blessed
Virgin Mary Church Convent**

159-23 89th Street

Jamaica, NY 11432

NO ID or RSVP Required

1 per household — while supplies last!

Must be 18 and over

Bring a shopping cart

Be prepared to wait outside

Please dress for the weather

**Tickets for distribution will be given out
at 8:30 AM on the day of the event. You
must be present to receive a ticket.**

www.ccbq.org



:@catholiccharitiesbq



:@cathcharitiesbq

FUNDED BY THE DEPARTMENT OF AGING

COOKING LIVE WITH DFTA!

**Join our nutritionists to
learn how to prepare this
healthy & delicious
recipe!**

Date: Wednesday, November 16th at 11:00am

Recipe: CAULIFLOWER MASHED 'POTATOES'

Language: English

Zoom Link:

**[https://us02web.zoom.us/j/84599309153?
pwd=bFErdmJIUTA3bzRtTXN5U0hPa29YUT09](https://us02web.zoom.us/j/84599309153?pwd=bFErdmJIUTA3bzRtTXN5U0hPa29YUT09)**

Meeting ID: 845 9930 9153

Passcode: 123

INGREDIENTS

- 12 oz frozen cauliflower florets
- 1.5 Tbsps oil
- 1-2 cloves garlic, minced
- ~ 1/4 tsp salt (to taste)
- 1 pinch black pepper
- ¼ cup unsweetened, plain almond milk
 - (to help with pureeing)
- Optional: garnish with fresh herbs (ex: parsley, basil)

Recipe Source: <https://minimalistbaker.com/vegan-garlic-mashed-cauliflower/>

Materials

- Measuring spoons
- Measuring cup
- Knife
- Cutting Board
- Large pot + steaming basket
- Small Skillet
- Wooden spoon
- Mixing bowl
- Food processor/ Immersion blender

DID YOU KNOW?

- Cauliflower is a popular, low-carb, low-calorie substitute for ingredients, such as rice, potatoes, and grains.
- Cauliflower is a source of fiber, Vitamin C, Vitamin K, and folate.

<https://www.todaysdietitian.com/newarchives/JJ20p46.shtml>

https://www.azed.gov/sites/default/files/2020/11/FFVP_Cauliflower%20FFVP%20Handout.pdf

Virtual Smart Living Initiative

This project was supported, in part by grant number 90INNU0027, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

