



THE WOOD

Catholic Charities Neighborhood Services

GLENWOOD SENIOR CENTER

5701 AVENUE H, BROOKLYN, NY 11234 Ph(718) 241-7711 / Fx (718) 241-1936

MARCH 2023

Dear Older Adult Members,

A salute to all the extraordinary women who have paved the way to make the world a better place; as some have faced many challenges to get there. In this regard, let's give a shout out to all the strong, and phenomenal women of the Glenwood Older Adult center who are always there to get things done and make a difference. As you are like Marge Piercy, the poet said a strong woman who is determined to do something others are determined not to do.

Happy International Women's Month!

Nadine Aspilaire,

Program Manager



MARCH AWARENESS MONTH



Irish-American Heritage Month
National Caffeine Awareness Month
National Kidney Month
National Nutrition Month
National Sauce Month
National Women's History Month
National Colorectal Cancer Awareness Month
Red Cross Month

Antioxidants And Its Benefit To Your Health

Antioxidants are substances that can prevent or slow damage to cells caused by free radicals, unstable molecules that the body produces as a reaction to environmental and other pressures. The sources of antioxidants can be natural or artificial. Certain plant-based foods are thought to be rich in antioxidants. Plant-based antioxidants are a kind of phytonutrient, or plant-based nutrient. The body also produces some antioxidants, known as endogenous antioxidants. Antioxidants that come from outside the body are called exogenous. Antioxidants are said to help neutralize free radicals in our bodies, and this is thought to boost overall health.

Benefits

Colorful fruits and vegetables can offer a range of antioxidants. Antioxidants can protect against the cell damage that free radicals cause, known as oxidative stress.

Types

There are thought to be hundreds and possibly thousands of substances that can act as antioxidants.

Each has its own role and can interact with others to help the body work effectively.

“Antioxidant” is not really the name of a substance, but rather it describes what a range of substances can do.

Antioxidants that come from outside the body include:

vitamin A
vitamin C
vitamin E
beta-carotene
lycopene
lutein
selenium
manganese
zeaxanthin

Each antioxidant serves a different function and is not interchangeable with another. This is why it is important to have a varied diet.

Antioxidants that come from Food sources

Pomegranate is one source of antioxidants. The best sources of antioxidants are plant-based foods, especially fruits and vegetables. Foods that are particularly high in antioxidants are often referred to as a “superfood” or “functional food.”

To obtain some specific antioxidants, try to include the following in your diet:

Vitamin A: Dairy produce, eggs, and liver
Vitamin C: Most fruits and vegetables, especially berries, oranges, and bell peppers
Vitamin E: Nuts and seeds, sunflower and other vegetable oils, and green, leafy vegetables
Beta-carotene: Brightly colored fruits and vegetables, such as carrots, peas, spinach, and mangoes
Lycopene: Pink and red fruits and vegetables, including tomatoes and watermelon
Lutein: Green, leafy vegetables, corn, papaya, and oranges
Selenium: Rice, corn, wheat, and other whole grains, as well as nuts, eggs, cheese, and legumes

Other foods that are believed to be good sources of antioxidants include:

eggplants
legumes such as black beans or kidney beans
green and black teas
red grapes
dark chocolate
pomegranates
goji berries



Foods with rich, vibrant colors often contain the most antioxidants.
The following foods are good sources of antioxidants. Click on each one to find out more about their health benefits and nutritional information: [blueberries](#)-[apples](#)-[broccoli](#)-[spinach](#)-[lentils](#)



COLORECTAL CANCER - WHAT YOU NEED TO KNOW

According to CDC, *Colorectal cancer* is a disease in which cells in the colon or rectum grow out of control. Sometimes it is called *colon cancer*, for short. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Sometimes abnormal growths, called *polyps*, form in the colon or rectum. Over time, some polyps may turn into cancer. [Screening tests](#) can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best. According to the Colorectal Cancer Alliance - Screening is the No. 1 way to prevent or detect this disease early, when it's most treatable. With early detection, CRC has a 90% survival rate. Colorectal cancer, or CRC, is a disease of the colon or rectum, which are parts of the digestive system. Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people.

Risk Factors

While anyone can develop colorectal cancer, a few conditions can increase risk.

Inflammatory bowel diseases such as Crohn's disease or ulcerative colitis.

A personal or family history of colorectal cancer or colorectal polyps.

A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Black/African Americans and Ashkenazi Jews are at higher risk.

Common Symptoms

Colorectal cancer often develops without symptoms. When they occur, symptoms may include:

Blood in or on stool

Persistent unusual bowel movements like constipation or diarrhea

Stomach pain, aches, or cramps that don't go away

Losing weight for no reason

When should you see a doctor?

Earlier is better! Symptoms of colon cancer and rectal cancer can be associated with many other health conditions. Only a medical professional can determine the cause of your symptoms.

The early signs of cancer often do not include pain. A medical provider should be consulted when any symptom develops. Early detection can save your life.

According to the American Cancer Society, about 1 in 23 men and 1 in 24 women will develop this cancer at some point in their lives. Current estimates for the number of colorectal cancers in the US for 2023 are 106,970 new cases of colon cancer and 46,050 new cases of rectal cancer.

PEOPLE OVER AGE 75
WHO WERE SCREENED
FOR COLORECTAL CANCER
HAD A
40% LOWER RISK OF DYING
FROM THE DISEASE

<https://www.cancer.gov/news-events/cancer-currents-blog/2021/colorectal-cancer-screening-people-older-than-75>



Sources: <https://www.cdc.gov/cancer/dcpc/resources/features/colorectalawareness/index.htm>

<https://www.facs.org/for-medical-professionals/news-publications/news-and-articles/cancer-programs-news/030223/colorectal-cancer-awareness-month-screenings-save-lives/> - <https://www.dhd10.org/colorectal-cancer-awareness-month-march-2023/>

<https://www.cancerhealth.com/event/national-colorectal-cancer-awareness-month-2023> | <https://www.cdc.gov/dotw/colorectalcancer/index.html>

HAPPY INTERNATIONAL WOMEN'S DAY

'HISTORY OF EXCEPTIONAL WOMEN'

Let's take a moment to reflect on some historical exceptional women:

Michelle Obama, First Lady—an advocate for education, nutrition , physical activities, remember the White House garden ...

Maya Angelou was caring, committed , a civil rights activist and a poet who was passionate of her work where she used it to inspire the world...

Margaret Thatcher, former Prime Minister of the United Kingdom, commonly known as the 'Iron Lady' for her boldness and dedication for what she stood for....

Oprah Winfrey...a woman of inclusion, confident, caring, talented who captured the world for her tenacity in the talk show industry...

Dr. Patricia Era-Bath was an ophthalmologist, inventor, humanitarian who invented a device for laser cataract surgery which she patented in 1986...

Mother Teresa - She founded the order, The Missionaries of Charity, to look after abandoned babies and to help the poorest of the poor, once saying that they "lived like animals but die like angels"

Ruth Bader Ginsburg spent a lifetime flourishing in the face of adversity before being appointed a Supreme Court justice, where she successfully fought against gender discrimination and unified the liberal block of the court.

Mothers (our moms) just two words summarized them; loving and 100%dedicated to their family ... These are just a few, Do you agree?



Angela Alleyne, Older Adult volunteer of the CCNS Glenwood Senior Center



St. Patricks Day Word Search

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

CLOVER
GOLD
GREEN
IRELAND

LEPRECHAUN
LUCKY
MARCH
PARADE

POT
RAINBOW
SAINT
SHAMROCK



PrintableParadise.com

Source: <https://www.pinterest.com/pin/3428365904006387/>

SAINT PATRICK'S WORD SCRAMBLE

ST. PATRICK'S DAY Word Scramble

harmc_____

hisri_____

aksmrcho_____

odgl_____

aapred_____

cvolre_____

wirbona_____

kclu_____

necpuhalcre_____

otp_____

enegr_____

itsna_____

lbnyaer_____

nciso_____



HAPPY ST. PATRICK'S DAY

Shamrock Society

GAME CENTER TO IMPROVE YOUR MENTAL FITNESS

Sudoku - Hard Set 1
Puzzle 1



Name: _____

Solve each Sudoku puzzle!

8	5				1			6
		7		6	4	1		
		4		7		5	9	
2				5	6			4
6			1		9		7	
7		1		4				9
	1		9			4	6	
	9	6			8			7
	7		6					1

		4	6	2				1
	1			4		3		6
3	6		1				4	
		1		6		2		4
	3	5			4		1	
2					8	6		
7	2							3
		6	5	3		4		
4					1		6	

3		8			1			6		
	6			8	9					2
			1			3	9			8
6		4	2	3						
	8		1		6	4				
	1	2		4					3	
	3			6		2		8		
2					8	4				6
8							2	7		

3				1				2	6	
1	9					8				3
			5	6			3	1		
		3			9				2	5
5	1			2					3	
9	6	2								1
			1	9	6			3		
8		3			1					6
	2					5				4

Copyright © 2008-2018 DavidHutchings.com
These Worksheets are provided for personal, non-commercial or educational use.

DavidHutchings.com

Source <https://www.pinterest.com/pin/54535845478334654/> Source <https://www.pinterest.com/pin/22869910600259717/>



UPCOMING EVENTS / ACTIVITIES / GUEST SPEAKERS

Poetry club — Claire | Vilma (center /Audio) /
Guided Meditation Daily (Audio) | Men's
Round Table Group Discussion— Lenox (Audio



General Membership Meeting - Advisory Meeting
(Center) - Current Event Group Discussion —Vilma /
Claire (center /Audio) - Loom Knitting with Sonia—
Creole Group Discussion (Mireille JN (center / Audio) -
Strength exercise—Tommy the experience (@ center) -
Line Dancing—Yoga—Island Rhythms -Yvette (@ Cen-
ter /) - **Well Being with LMSW Courtlyn—taking care of
your** Blood Pressure—education series with CABS—
Birthday Celebration - Women's history celebration—
Arts & Crafts with Ms. Pumpkin and Ms. Otey— Nutri-
tion with Claudia— Blood pressure screening & monitor-
ing (Claire – Sonia_ Maureen - Mavis)



If you are unable to attend the center? here is the zoom info - Zoom Id # 337 055
9339 There is no passcode—Call us to find out if some are on zoom

CHECK THE MONTHLY CALENDAR FOR THE TIME AND DATE OF EACH



GRAB YOUR PHONE,
IPAD, TABLET OR
PENCIL - LET'S GET
STARTED WITH THE
ACTIVITIES



DO YOU NEED ASSISTANCE WITH USING
THE FEATURES ON YOUR CELL PHONE,
IPAD, TABLET (WHATSAPP, ZOOM, CRE-
ATE EMAIL, FACE TIMING.)? GIVE US A
CALL 718-241-



MEN'S GROUP



Daylight Saving Begins - Consider Checking The Batteries In The Smoke And Carbon Monoxides

MARCH IS INTERNATIONAL WOMEN'S MONTH



Ada Lovelace (1815 – 1852) - "That brain of mine is something more than merely mortal; as time will show."



Eleanor Roosevelt (1884 – 1962) - "Great minds discuss ideas; average minds discuss events; small minds discuss people."



Amelia Earhart (1897 – 1939) - "The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward."



Maya Angelou (1928 – 2014) - "When someone shows you who they are, believe them the first time."



Hazel Dorothy Scott (1920-1981) - The Trinidadian jazz singer was a legend for her ability to play two pianos at the same time



Sojourner Truth (c. 1775-1875) - "If the first woman God ever made was strong enough to turn the world upside down, these women together ought to be able to turn it right again."



Sonia Sotomayor (1954-) - In 2009, Sotomayor became the first Latina Supreme Court justice (and third female justice) in U.S. history when she was appointed by President Obama



Florence Nightingale (1820 – 1910) - "Never give nor take an excuse."



Rosa Parks (1913 – 2005) - "I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."



Ruth Bader Ginsburg (1933 – 2020) - "Fight for the things that you care about but do it in a way that will lead others to join you"



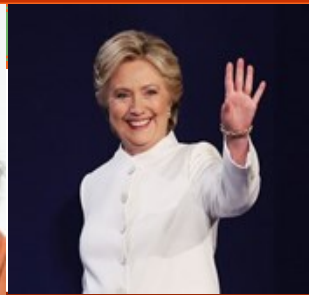
Patsy Takemoto Mink (1927-2002) - The late Hawaii representative was the first Asian American woman elected to Congress (and also the first Asian American to run for president)



Michelle LaVaughn Robinson Obama (born January 17, 1964) is an American attorney and author who served as the first lady of the United States from 2009 to 2017 as the wife of President Barack Obama. She was the first African-American woman to serve in this position.



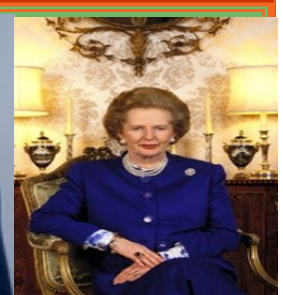
Oprah Winfrey - born Orpah Gail Winfrey (January 29, 1954) is a global media leader, philanthropist, producer and actress. In 2013, Winfrey was awarded the Medal of Freedom by President Obama, the nation's highest civilian honor. Actress - television producer - media proprietor - philanthropist - author



Hillary Clinton (1947-) - Hillary Clinton has accomplished many goals for women in politics, from becoming the first woman to win a major party's nomination for president to being the first Lady to win elected office (a seat in the U.S. Senate).



Kamala Devi Harris born October 20, 1964) is an American politician and attorney who is the 49th and current vice president of the United States. She is the first female vice president and the highest-ranking female official in U.S. history, as well as the first African American and first Asian American vice president.



Margaret Thatcher (1925-2013) - Becoming the first female Prime Minister of the United Kingdom in 1979, Margaret Thatcher bravely led Britain through some of its toughest years

Sources: <https://www.amacad.org/person/oprah-winfrey> || <https://www.oprahdaily.com/life/g26513857/women-who-changed-the-world/>

<https://www.oprahdaily.com/life/g26513857/women-who-changed-the-world/> || https://en.wikipedia.org/wiki/Kamala_Harris

<https://twitter.com/MichelleObama/status/1632931992487567360> || <https://www.womansday.com/life/g42642115/famous-women/>

FEBRUARY BIRTHDAY CELEBRATION



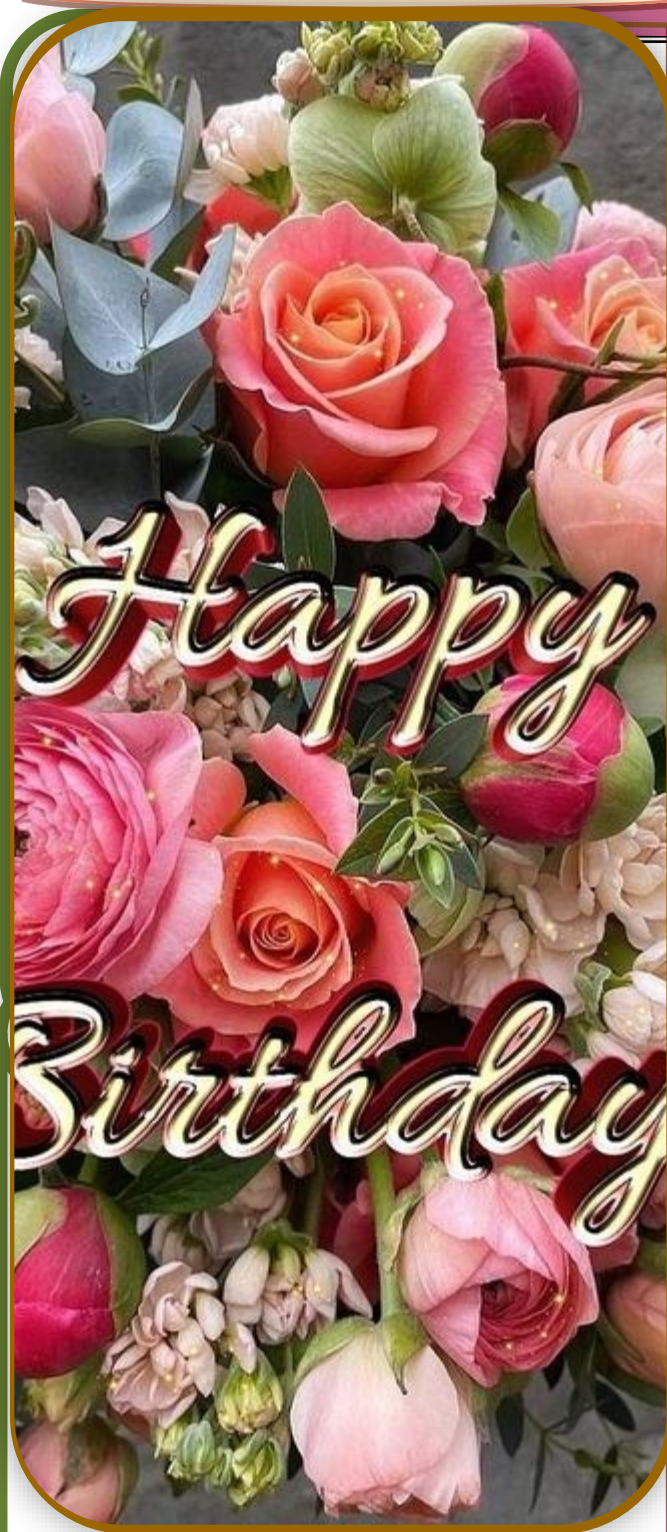
FEBRUARY BIRTHDAY CELEBRANTS

Highlights Of The Previous Month's Celebrations



Black History Month's Celebration

BEST WISHES TO OUR MARCH BIRTHDAY CELEBRANTS



David Robert 3/1
 Miriam Tulloch 3/1
 Marie Jose Pyram 3/2
 Barbara MacDougal 3/2
 Ashton Bell 3/3
 Theresa Regis 3/3
 Wilma Ferdinand 3/3
 Allister Belgrave 3/3
 Marianne Clemens 3/4
 Helen Morgan 3/4
 Glenmor Chambers 3/5
 Seslie Brock 3/5
 Jane Grandi 3/5
 Joan Thomas 3/6
 Andrea Dublin 3/9
 Rose Marie Nau 3/14
 Connie Gonsavos 3/15
 Hardat Singh 3/15
 Mary Lovett 3/15
 Marlene Clarke 3/17
 Aileen David 3/18
 Frederica Evans 3/18
 Hermine Hamilton 3/19
 Sofya Shusterman 3/21
 Sonia Weir 3/22
 Jean Pike- Brown
 Richard Bocchiaro 3/24

Mary Lance 3/25
 Ivan Dunkley 3/25
 Bertha Quinlan 3/25
 Emrie Nakhid 3/25
 Linton Marshall 3/25
 Delores Reid 3/27
 Miltha Smith 3/27
 Janet McFee-Ifill 3/27
 Iris Alleyne 3/27
 Oswald James 3/28
 Juan Mendez 3/28
 Esther McMillan 3/28
 Grace Gabriel 3/29
 Marcelle Moise 3/30
 Marvine Johansen 3/30



DAYLIGHT SAVINGS TIME BEGIN- MOVE YOUR CLOCK FORWARD

The Center Is Currently Opened For Activities—Glenwood SC is a free program to people ages 60+- No insurance required

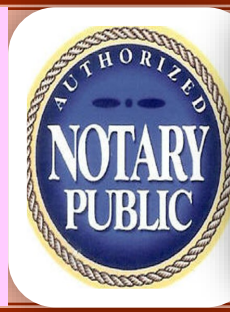
Sources: (123) Pinterest | <https://www.pinterest.com/pin/117234396542906031/> / <https://bouqs.com/blog/history-of-birthdays/>

IN THE SOCIAL WORKER'S CORNER

CASE ASSISTANCE COMMUNITY INFORMATION BOARD



DO YOU NEED ASSISTANCE TO NOTARIZE YOUR DOCUMENT—PLEASE SEE OR CALL MR. LENOX HUTSON @ 718-251-5848



If you have difficulty getting around, being home isolated, not able to come to the center or for any other assistance, please call our Social Worker Gregory Laurenceau 718-241-7711 for help

End of COVID-19 Emergency Allotments to SNAP Households

Because of a change in federal law, the SNAP Emergency Allotments will stop after the February 2023 deposits.

This means that households currently receiving SNAP benefits will only receive one SNAP deposit in the first half of the month starting in March. Households will not receive a second SNAP monthly deposit in the later part of the month (after the 15th).

For more information visit <https://otda.ny.gov/SNAP-COVID-19/Frequently-Asked-Questions.asp>

The COVID-19 public health emergency (PHE) will end in May. This will mean **several changes** in health programs like Medicare and Medicaid and for providers, including hospitals, nursing homes, and certain specialists. To help protect public health, some states and territories have provided COVID-19 vaccinations, testing, and treatment for uninsured individuals using Medicaid funds. **This coverage will end with the PHE.** Medicaid's enrollment changes **are extremely important.** People who no longer qualify for Medicaid will lose coverage. **Medicaid enrollees who first became eligible for Medicare during the pandemic** but did not sign up will have to do so. Make sure to check your health coverage and see what is in store for you as the PHE ends. If you think you will still qualify for Medicaid, be sure to check in with your state to see what you need to do to ensure your

FREE AIR-CONDITIONERS FOR SENIORS & LOW-INCOME NY RESIDENTS (HEAP PROGRAM)

Free Air-Conditioners are available for individuals who meet specific qualifications. To find out if you qualify for the HEAP (Home Energy Assistance Program) Cooling Assistance Program, New York City residents should contact (929) 221-5862 or the Human Resources Administration (HRA) HEAP Hotline, 1-800-692-0557, or the HRA Infoline, 1-718-557-1399. New York City residents age 60 or older who received a HEAP grant last year will automatically be contacted by the HRA again this year. If you are age 60 or older and did not receive a HEAP grant last year, call **1-800-692-0557** to obtain an application, or apply through the New York City Department for the Aging by calling 311. Homebound clients are asked to call (212) 331 3150. The program operates May 1- August 29 or until funds are no longer available. the [website](#) for more information about the HEAP program.

SAINT PATRICK'S DAY 2023 DAYLIGHT SAVINGS TIME BEGIN

Saint PATRICK'S Day



HAPPY SAINT PATRICK'S DAY 2023

from
CCNS GLENWOOD SENIOR CENTER

Spring Forward



Daylight Savings Time Begin

Do Not Forget To Adjust Your Clock on 3/12/23

GLENWOOD SENIOR CENTER STAFF

Ron Carson	Director Of Field Operations
Nadine Aspilaire	Program Manager
Gregory Laurenceau	Social Worker
Woodly Greene	Administrative Assistant
Gwen Moultrie	Head Cook
Daniela Recio	Assistant Cook
Andre Fils Fresnel	Maintenance Worker
Vacant	Kitchen Aid

GLENWOOD ADVISORY BOARD MEMBERS

Gardner Weekes	-----	President Advisory Council
Vilma Griffith	-----	VP Advisory Council
Carol Hackett	-----	Treasurer
Cynthia Douglas	-----	Recording Secretary
Mary Ison	-----	Sergeant at Arm
Colvin Eastmond	---	Corresponding Secretary

COMMITTEES: Sunshine - -Sonia Ryce
 Nutrition Chair person --- Sonia Ryce, Daisy Barrett, Beulah Reid
 Travel & Fundraising --- Gardner G Weekes
 Entertainment / music --- Claire Brisport / Gardner Weekes/
 Grievance --- Gardner G Weekes / Sonia Ryce
 Hostess ----

Thank you to: Mireille Jean Noel - Claire Brisport— Vilma Griffith - Theresa Bien Aimee - Lenox Hutson — Glenda McGuire— -Gabriel Weekes—Beulah Reid and to all the volunteers for their support of the center's activities.

Catholic Charities Neighborhood Services, Inc.

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



Funded by the NYC Department for the Aging

NYC Department for the Aging