



MARCH 2023

CATHOLIC CHARITIES NEIGH-
BORHOOD SERVICES
**OZONE PARK SENIOR
OLDER ADULTCENTER**



Funded by NYC Aging
HIGHLIGHTS

Message from Sabrina to Ozone Park members

Calling all members, Ozone Park Older Adult Center is looking for members to join our advisory board. Please come see Sabrina if you are interested in joining the centers advisory board. March is Women History Month. Please remember we are no longer offering grab and go at this time. Please look at the activity page in the newsletter to see what's new. We are no longer limited to only 25 people at the center. So please come out and socialize with us. There are still a few restrictions. Everyone must wear a mask when you come to the center. All members must maintain social distance of 6ft apart when eating at center. Looking forward to seeing everyone.

IMPORTANT DATES:

- **3/12 Daylight Savings**
- **3/17 St. Patrick's Day**
- **Women's History Month**
- **National Nutrition Month**



St. Patrick's Day

Word Search Puzzle

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

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND



Upcoming Events

PRESENTATION:

March 3 –Nutrition (11am) (Neron Francis)

March 10 –Environmental Health Hazards (11am) (NYC Health)

March 14 –Health Workshop (11am) ()

March 17–Nutrition (11am) (Neron Francis)

March 24–Cancer That Affects Women (11am) (Agnes Fortune-SHARE)

March 31-Citizen Preparedness– (11am) (National Guard)

SPECIAL EVENT:

March 2– (9am to 10am) Monthly Breakfast (40 people) -Must be on the list

March 2– Sip & Paint (11am)

March 9– Arts & Crafts (11am)

March 16– Arts & Crafts (11am)

March 16– St. Patrick's Day Party (50)(1pm—3pm) -Must be on the list-there will be a 50/50 raffle

March 23 –Soup Day 10am-11:30am-(31people)-Must be on the list –

March 15-(11am –12pm) (Cooking Live with DFTA/ Fried Rice) **Join via zoom**

<https://us02web.zoom.us/j/84599309153?pwd=bferdmjluta3bzrttxn5u0hpa29yut09>

Meeting ID: 845 9930 9153

Passcode: 123

Dial in number: +1 929 436 2866 US (New York)

March 23– Meditation (11am)

March 30– Meditation– 11am

Please Wear Your Mask At The Center



Funded by NYC Aging

MENU MARCH 2023 (MENU SUBJECT TO CHANGE) All meals come with bread and milk

Monday	Tuesday	Wednesday	Thursday	Friday
Funded by NYC AGING		1 Orange Glazed Chicken White Rice Capri Blend Veg. Apple Juice Orange	2 Stuffed Pepper w/beef Sautéed Spinach Orange Juice Cantaloupe	3 Fish Marsala w/mushrooms Garlic Mashed Potatoes California Blend Vegetable Apple or Grape Juice
6 Beef Teriyaki White Rice Oriental Blend Veg. Apple Juice Pear	7 Chicken Parm. w/sautéed Onions & garlic Spaghetti Roasted Zucchini Orange Juice Grapes	8 Apricot Glazed Pork Chops Mashed Potatoes Roasted Broccoli Apple	9 Baked Ziti w/cheese Italian Blend Veg. Steamed Peas & Carrots Grape Juice Orange	10 Baked Fish w/Lemon Garlic Sauce Yellow Rice Sautéed Spinach Orange Juice Apple
13 BBQ Pulled Pork Warm Potato Salad Cornbread Braised Collard Greens Apple Juice Orange	14 Baked Asian Honey Chicken Chinese Style Spaghetti Oriental Blend Veg. Apple	15 Omelet with Spinach & Parmesan cheese Home Fries w/peppers& onions Sautéed Spinach Grapes Orange Juice	16 St. Patrick's Day Corn beef Boiled Potatoes Cabbage Irish Soda Bread Orange Apple Juice	17 Fillet of Sole Florentine Yellow Rice California Blend Veg. Apple Juice Pear
20 Omelet w/Peppers & Onions Home fries Sautéed String Beans Apple Fruit Cocktail	21 Beef & Cheese Lasagna Capri Blend Veg. Apple Juice Orange	22 Italian Roast Chicken Garlic Rosemary Roasted Potatoes Italian Blend Veg. Pear	23 Pernil (Roast Pork) Yellow Rice & Pigeon Peas Steamed Peas & Carrots Apple Juice Orange	24 Baked Fish w/Cream Sauce Garlic Mashed Potato Steamed Broccoli Grape Juice
27 Chicken Fajitas White Rice Steamed Peas & Carrots Grape Juice Apple	28 Beef Meatballs Spaghetti Roasted Zucchini Apple Juice Orange	29 Breaded Pork Chops Apple Sweet Potatoes Collard Greens w/Tomato Apple Sauce	30 Vegetable Lo Mein Oriental Blend Veg. Orange Juice	31 Baked Salmon w/Cilantro Citrus Sauce Cilantro Lime Rice Italian Cut Green Beans Apple Juice Orange



Spring Sudoku

Every row, column and mini-grid must contain the letters F L O W E R.
Don't guess - use logic.



L	R	E			
W	F				E
			F	E	L
F			O	W	
		W		O	F
E	O		R		



DID YOU KNOW?

The Supplemental Nutrition Assistance Program (SNAP) issues electronic benefits that can be used like cash to purchase food. SNAP helps low-income senior citizens, the disabled and others feed their families. Eligibility and benefit levels are based on household size, income and other factors. If you would like to apply for SNAP benefits, please stop by the case manager office and speak with Sha-Mecca.



ShaMecca Hawkins

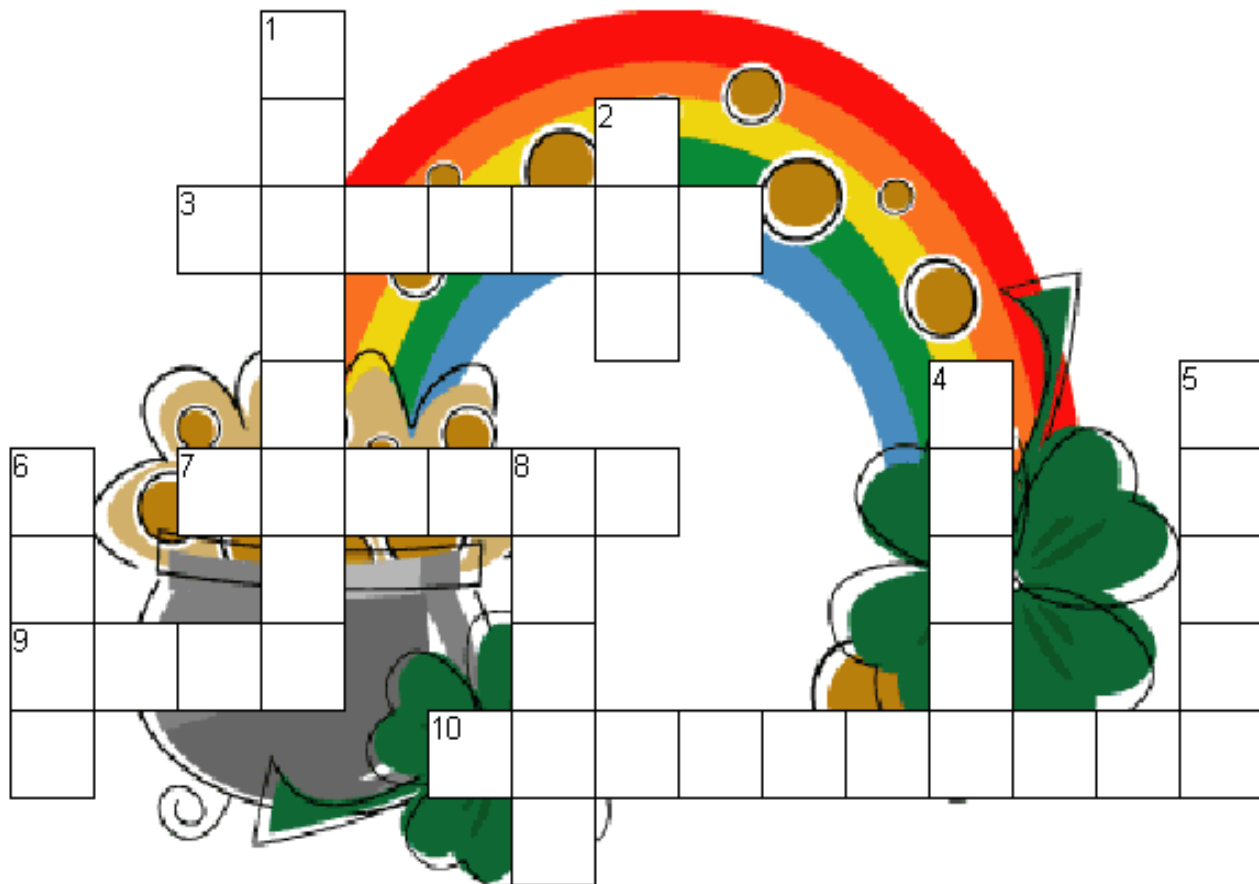
Case Manager

ADULT COLORING



St. Patrick's Day Crossword

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Across

- 3. Colorful Arc
- 7. Where can you find a leprechaun?
- 9. Good _____
- 10. Little Green Elf

Down

- 1. Four-leaf Clover
- 2. In what do leprechaun's store their gold?
- 4. People from Ireland
- 5. St. Patrick's Day Color
- 6. Expensive Shiny Metal
- 8. How many colors are there in a rainbow?

MARCH 2023 MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
FUNDED BY NYC AGING		1 9am-Art History 9:30-Crochet 10:00am-Bingo	2 9am Breakfast 9:30 Healthy Recipes 10 am- Thai Chi 11 am-Sip & Paint 1pm-Caribbean Dancing(Su-Casa)	3 9:30 am - Crochet 10:00am-Zumba/exercise 11:00-Presentation 1pm- Bingo
6 9:00 am – Smart Device 9:30-Trivia 10:00-Bingo	7 9:30 am Healthy Topic 10- Chair Yoga 11 am- Ukulele (SuCasa) 1pm - Ukulele (SuCasa)	8 9am-Art History 9:30-Crochet 10:00am-Bingo 12-1pm- Lunch	9 9:30 Healthy Recipes 10 am- Thai Chi 11 am-Arts & Crafts 1pm-Caribbean Dancing(Su-Casa)	10 9:30 am – Crochet 10:00am-Zumba/Valentines class 11 am- Presentation 12-1pm-Lunch 1pm- Bingo
13 9:00 am – Smart Device 9:30-Trivia 10:00-Bingo	14 9:30 am Healthy Topic 10- Chair Yoga 11 am- Presentation 1pm - Ukulele (SuCasa)	15 9am-Art History 9:30-Crochet 10:00am-Bingo 12-1pm- Lunch	16 9:30 Healthy Recipes 10 am- Thai Chi 11:00- Arts & Crafts 12-1-St Patty's Lunch 1pm- St Patrick's Day Party	17 <u>St Patrick's Day</u> 9:30 am – Crochet 10:00am-Zumba/exercise 11am- Presentation 12-1pm-Lunch 1pm- Bingo
20 9:00 am – Smart Device 9:30-Trivia 10:00-Bingo	21 9:30 am Healthy Topic 10- Chair Yoga 11 am- Ukulele (SuCasa) 1pm - Ukulele (SuCasa)	22 9am-Art History 9:30-Crochet 10:00am-Bingo	23 9:30 Healthy Recipes 10 am- Thai Chi 10:30 Soup Day 11:00- Meditation 1pm-Caribbean Dancing(Su-Casa)	24 9:30 am – Crochet 10:00am-Zumba/exercise 11am- Presentation 12-1pm-Lunch 1pm- Bingo
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RECIPE CORNER-Corned Beef and Cabbage
(Crock Pot or Instant Pot)

INGREDIENTS: Prep/Cook: / 6 hrs. /10 mins.

Serves– 6 servings

- 10 baby red potatoes, quartered
- 4 large carrots, peeled and cut into matchstick pieces
- 1 onion, peeled and cut into bite-sized pieces
- 4 cups water
- 1 (4 pound) corned beef brisket with spice packet
- 6 ounces beer
- ½ head cabbage, coarsely chopped



Cook this corned beef in a crock pot all day, and you're guaranteed success no more dry corned beef! Serve with soda bread for a warm and satisfying meal.

DIRECTIONS:

- ♦ Place potatoes, carrots, and onion into the bottom of a slow cooker; add water and place brisket on top of vegetables. Pour beer over brisket; sprinkle over spices from the packet and cover.
- ♦ Cook on High for 7 hours; stir in the cabbage and cook for 1 more hour.



Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others,
and avoid crowds.



Wash
hands often.



12/09/20

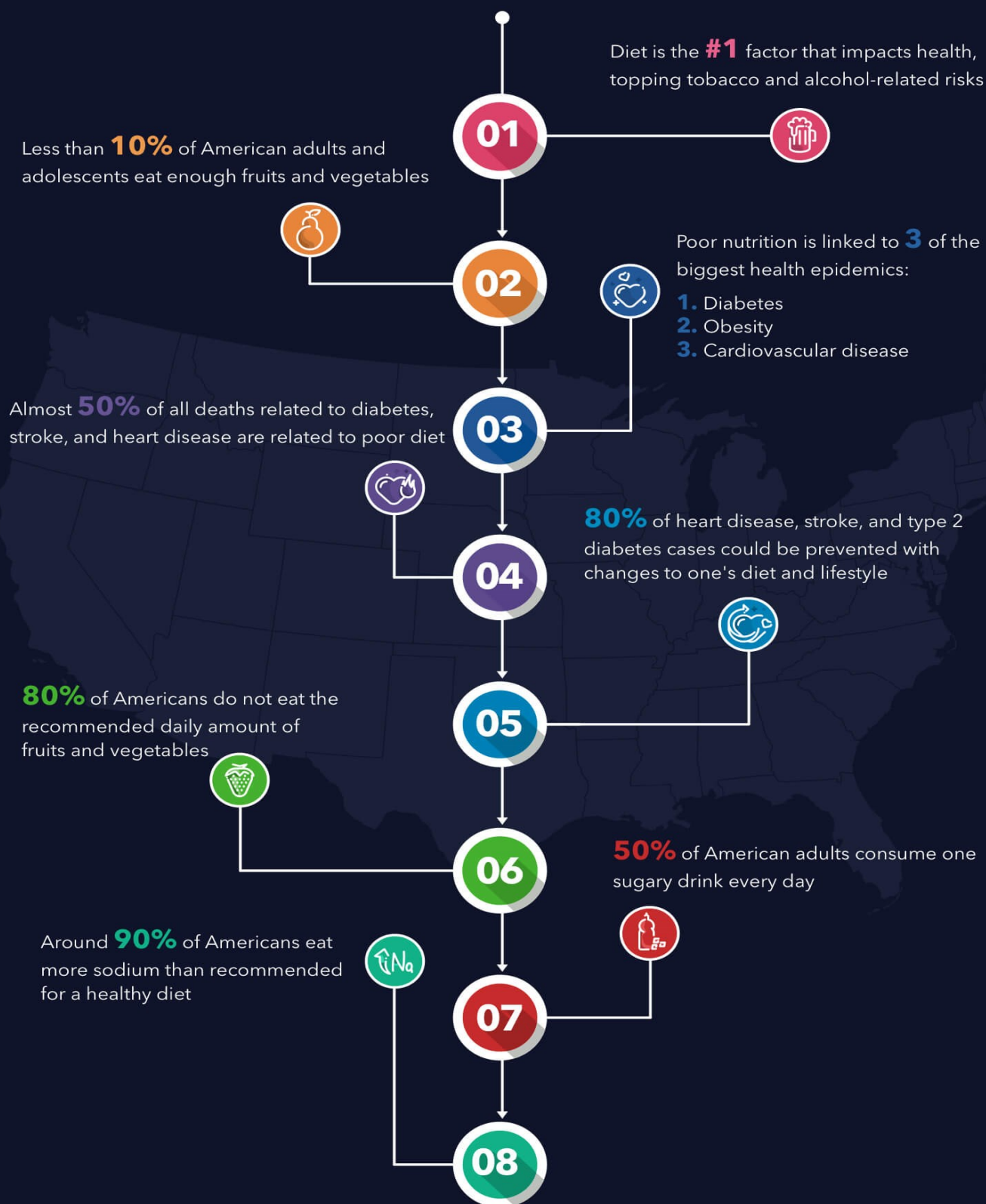
www.cdc.gov/coronavirus/vaccines



MARCH IS... NATIONAL NUTRITION MONTH[®]

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

U.S. Nutrition Facts for National Nutrition Month



WOMAN HISTORY MONTH

10 Influential Women in History

This article will highlight 10 women who have made a difference in their communities and even the world, with their outstanding achievements, sheer bravery and pure humanity. Their professions range across various fields, from math and sciences to the arts and humanities, where they left their marks for the many generations to come.



Jane Austen (1775-1817)

Jane Austen was an English writer and is one of the most famous writers in English Literature, having only written 6 novels, including her most popular novel *Pride and Prejudice*. Through her literary works, she was an important social commentator^[2] and one of the first writers to introduce a new style of writing. Today, her books are read all over the world and have been made into many adaptations.



Ada Lovelace (1815-1852)

Ada Lovelace was an English mathematician and in 1843, she became the world's first computer programmer^[3]. She worked with Charles Babbage on his very early mechanical computer, the Analytical Engine, by writing the world's first machine algorithm for it^[4]. Her work is especially visionary and inspiring as women lacked access to education at that time, let alone education for STEM (Science, Technology, Engineering, and Math). Today, she is world-famous and is also known as a pioneer of modern computer science.



Marie Curie (1867-1934)

Marie Curie was a Polish and French physicist and chemist who conducted pioneering research on radioactivity. She is remembered for the discovery of radium and polonium and also for her contributions to finding treatment for cancer^[5]. She was the first woman to receive a Nobel Prize award and in total won two Nobel Prize awards in her lifetime. Her efforts put into the Physics, Chemistry and even Medicinal field were not left unnoticed and today, she is seen as the woman who changed Science.



Maya Angelou (1928-2014)

Maya Angelou was an activist, journalist, actor, dancer and poet^[6]. Today, she is a world-famous author. She is known for her autobiographical style and for using her work to empower the African American community. Her autobiography, *I Know Why the Caged Bird Sings*, made a huge impact on the literary world and opened doors for African American authors and women^[7]. Through her fights as a civil rights activist, she has inspired many people and women to aim for a better future^[8].

Katharine Graham (1917-2001)



Katherine Graham was the chairman of the board of The Washington Post Co. for 20 years, which she led to be one of the top newspapers in the United States, most notably when it published The Pentagon Papers and reported on the Watergate scandal^[9]. She was the first woman CEO of a Fortune 500 Company^[24] and was also one of the first female publishers of U.S. newspapers. In 1998, She won a Pulitzer Prize^[10] for her autobiography, *Personal History*.



Florence Nightingale (1820-1910)

Florence Nightingale was an English social reformer, statistician^[14] and the founder of modern nursing. In 1854, during the Crimean War, she was appointed to a military hospital to aid wounded soldiers coming back from the frontlines, where conditions were dreadful. Despite that, she was compassionate in her work^[11] and was nicknamed “the Lady with the Lamp”, as she would carry a lamp and check on the soldiers at night^[12]. She also played a part in making hospitals a safer and more sanitary place for patients by improving hygiene practices^[13]. Her strong will and compassion were recognised and inspired many. Today, International Nurses Day is held annually on her birthdate of 12 May, in honour of her^[14].



Helen Adams Keller (1880-1968)

Helen Adams Keller was an American author, disability rights advocate, political activist and lecturer^[15]. At 19 months old, she lost her ability to see and hear after getting a high fever. Despite those challenges, she never gave up and proceeded to learn how to sign and talk. Her perseverance and her many achievements have touched and inspired many people. She also played a huge role in advocating for education and equal rights for people with disabilities, giving speeches around the world and raising awareness of sight and hearing health^[16]. In 1915, She co-founded an organization “Helen Keller International”^[17], dedicated to preventing blindness and helping those who are blind, which remains an important organisation today.



Junko Tabei (1939-2016)

Junko Tabei was a Japanese mountaineer, author, and teacher.^[18] She was the first woman to conquer Mount Everest and climb the highest peak of every continent, the Seven Summits^[19]. She wrote a book, *Honouring High Places*, containing her memoirs and experiences, inspiring others with her willpower and compassion. In 2000, she returned to school to get degree in Environmental Science [25] and was passionate about protecting the natural environment, especially around Everest. She eventually became the director of the Himalayan Adventure Trust of Japan.

Hajjah Fatimah (1754-1852)



Hajjah Fatimah was a tradeswoman and philanthropist. She came to Singapore in the 1800s from Malacca and married a Bugis prince from the Celebes. She often gave back to society and was also known to help build homes for the poor. She even donated her land to build a mosque, now known as Hajjah Fatimah Mosque, in Kampong Glam^[20]. This is the first mosque in Singapore named after a woman. She was inducted into the Singapore Women's Hall of Fame^[21] in 2014 for her philanthropy.

Sophia Blackmore (1857-1945)



Sophia Blackmore was an Australian missionary and was sent by the Methodist Women's Foreign Missionary Society to work in Singapore. In Singapore, she founded two girls' schools, known today as Methodist Girl's School and Fairfield Methodist Secondary School^[22]. However, this was not an easy feat. At that time, education was not a priority for the Chinese and she frequently went door to door to persuade families to let their daughters get an education. In 1888, with a batch of eight girls, Fairfield Methodist Secondary School started their first lesson. She was also inducted into the Singapore Women's Hall of Fame^[23] in 2014 for her contributions to Singapore's progress.

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Phone: (718) 847-2100 Fax: (718) 847-2166
Open Monday—Friday 8am—4pm

SENIOR CENTER STAFF

Sabrina Marson.....Program Manager
ShaMecca Hawkins.....Case Manager
VacantOffice Manager
Tracy Douse.....Cook
Jaime Yodice.....Assistant Cook
Argenis Cruz.....Custodian
Miriam Gray.....Kitchen Aide



To all our members with a **March** birthday

From Ozone Park Staff

If you or your loved ones are interested in making a **bequest** to **Catholic Charities** for your senior center, please contact your **Program Manager** for more information. Your generous gift can ensure that we can continue to provide needed and quality services to older adults.

Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of unity among all persons by seeking to develop caring communities.