

# The Riverway Experience

## May 2023

230 Riverdale Avenue, Brooklyn, NY, 11212

Phone #: (718) 942-5345

### *This Month*

May 5th — Cinco De Mayo

May 14th — Mother's Day

May 29th — Memorial Day



### A MESSAGE FROM LETICIA



I always have fond memories of my grandmother growing up and I tried to model her great nurturing style when I became a mother and grandmother. Riverway Staff would like to thank all the mothers for sharing their experiences with us and their continued patronage to the center. The wonderful thing is that May is also Older Americans Month so please be sure to get a calendar of event to see what special programs we have planned. Also, as we have been discussing for the past few weeks please bring a friend to lunch and come prepared to attend some of our classes. This is your center and it is all of our responsibility to keep it operating; with that being said, I just want to remind the membership that we need more attendance to lunch and health promotional activities.

We will be commence our annual walking club with a Walk with Ease Self Directed evidenced based program on May 9th to get the walking started. All older adults 60+ are welcomed to join us. We will utilize walking to learn our neighborhood and keep us stepping to health. Please see me (*Leticia*) if you are interested.

Enjoy your center, warmer days -plenty of flowers and all that comes with MAY.

**Happy Mother's Day on May 14.**

**Great Things Are Happening At Riverway!!!!**



## HEALTHY SPRINGTIME EATING

**SPRING HAS SPRUNG, AND ALONG WITH IT COMES BEAUTIFUL SPRINGTIME VEGETABLES. ASPARAGUS, SWEET PEAS, A VARIETY OF SALAD GREENS, RADISHES, AND SO MUCH MORE ARE AT YOUR GREEN MARKETS. SO, TAKE ADVANTAGE AND SEE WHAT OUR LOCAL FARMERS ARE OFFERING. BUY A VARIETY OF FRUITS AND VEGETABLES AND PREPARE THEM IN SOUPS, STEWS, STIR-FRIES AND SALADS.**

**REMEMBER THAT EATING SEASONALLY, WITH VARIETY, AND MAKING YOUR PLATE AS COLORFUL AS POSSIBLE, IS THE KEY TO HAVING A MEAL THAT IS BOTH DELICIOUS AND NUTRITIOUS.**

**A REALLY HEALTHY AND DELICIOUS WAY TO ENJOY SPRING'S BOUNTY, IS TO MAKE A GRAIN BOWL. IT HAS ALL THE FOOD GROUPS AND YOU CAN MIX AND MATCH ACCORDING TO YOUR PREFERENCE.**

**SO, ENJOY THE WEATHER, SHOP THE GREEN MARKETS, AND GET INTO YOUR KITCHENS AND COOK UP A STORM. WITH GOOD INGREDIENTS AT HAND, A DELICIOUS MEAL IS JUST MINUTES AWAY.**



## Green Goddess Grain Bowl

**This healthy grain bowl packs in the greens with peas, asparagus and a creamy yogurt dressing. Tofu adds protein while keeping it vegetarian, but you could also swap in cooked shrimp or chicken for a satisfying dinner ready in just 15 minutes.**

**Servings: 1**

### Ingredients

- ½ cup snap or snow peas, trimmed
- 4 spears asparagus, tough ends removed, cut into 2-inch pieces
- ½ cup plain whole-milk yogurt
- ¼ cup chopped fresh dill
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic minced
- ¼ teaspoon kosher salt
- ½ cup cooked farro ( or grain of choice)
- 4 ounces baked tofu cubed (or shrimp, chicken or protein of your choice)
- 3 radishes sliced
- 1 tablespoon Toasted pumpkin seeds for garnish



### Directions

Bring a medium pot of water to a boil. Add snap (or snow) peas and asparagus; cook until just tender, about 2 minutes. Rinse under cold water.

Whisk yogurt, dill, lemon juice, oil, garlic and salt together in a small bowl.

Place farro in a shallow serving bowl. Top with peas, asparagus, tofu and radishes. Drizzle 2 tablespoons of the dressing on top (save extra for other use). Sprinkle with pumpkin seeds, if desired.

Submitted By Madhavi Menon Strohl

## **WALK WITH EASE**

The Arthritis Foundation's Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active

### **Improve overall health**

The Walk With Ease program is offered as a self-guided course or in a community setting. Choose the format that best suits you.

### **Experience Walk With Ease**

Developed by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina, the Walk With Ease program can be experienced on your own or with a group. The online tools you'll find here are resources that accompany the program and are not meant to be completed alone. To complete the program on your own, purchase the popular Walk With Ease guidebook or to participate in a group, locate a Walk With Ease program in your local community.

### **Improve Your Health**

Comprehensive studies demonstrate that Walk With Ease reduces pain, increases balance and strength and improves your overall health. The program will help motivate you to get in great shape and allow you to walk safely and comfortably.

### **Self-Guided Format**

Complete the program on your own by purchasing the guidebook in the [Arthritis Foundation Online Store](#) for only \$11.95 (Spanish-language version also available.) or you can download for free on Kindle books. It includes all the tools you need to:

- Develop a walking plan that will meet your needs
- Stay motivated
- Manage your pain
- Learn to exercise safely

**Submitted From: [www.arthritis.org](http://www.arthritis.org)**



# **WALK WITH EASE SELF -DIRECTED AT CCNS/RIVERWAY OAC**

DO YOU SUFFER FROM LACK OF  
EXERCISE AND LOOKING TO DO  
SOMETHING TO REDUCE THE PAIN AND  
DISCOMFORT OF ARTHRITIS AND OTHER  
DISORDERS?

WE'LL LOOK NO FURTHER  
COME JOIN RIVERWAY MEMBERS FOR  
WALK WITH EASE SELF DIRECTED

WHEN? MAY 9TH AT 10AM -CLASS ZERO

REGISTER: SEE LETICIA TO REGISTER

EB LENGTH OF TIME: 6 WEEKS

WE MEET UP ONLY ON TUESDAYS TO  
WALK AS A GROUP. TWO DAYS OUT OF  
THE WEEK YOU WILL WALK ON YOUR  
OWN AND REPORT YOUR STEPS TO  
LETICIA.

WE PLAN TO WALK AROUND BROWNSVILLE  
ALSO BETSY HEAD PARK TRACK AND HAVE  
FUN DOING IT.



# **MAY IS MENTAL HEALTH AWARENESS MONTH**

**MENTALHEALTH.GOV**

## **What Is Mental Health?**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health problems are common but treatable and completely curable.

## **Early Warning Signs**

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships

Fresh Food Fridays

Bureau of Brooklyn  
Neighborhood  
Health

Fresh Food Fridays



## Farmer's Market 11AM - 3PM

March 31 | April 14 & 28 | May 12 & 26

June 9 & 23 | July 14 & 28 | August 11 & 25

Saturday, September 23 (more info soon)

Bedford District Health Office  
485 Throop Ave Brooklyn, NY 11221  
Btwn. Putnam Ave and Madison St

Interpretation services are available upon request. For more information or to request an accommodation, email [cjosephleconte@health.nyc.gov](mailto:cjosephleconte@health.nyc.gov) or call 718-637-5317. Please submit requests no later than 72 hours before event.



# MAY IS SENIOR HEALTH AWARENESS MONTH

<https://www.who.int/>



**Senior health and wellbeing are worldwide concerns, and programs and initiatives are being developed to improve and address the health of all communities by supporting Senior Health care through effective policies.**



# Ageing and Health

The United Nations (UN) General Assembly declared 2021–2030 the **UN Decade of Healthy Ageing** and asked THE World Health Organization (WHO) to lead the implementation.

**The UN Decade of Healthy Ageing (2021–2030)** seeks to reduce health inequities and improve the lives of older people, their families and communities through collective action in four areas: **changing how we think, feel and act towards age and ageism; developing communities in ways that foster the abilities of older people; delivering person-centered integrated care and primary health services responsive to older people; and providing older people who need it with access to quality long-term care.**





**People worldwide are living longer.** Today most people can expect to live into their sixties and beyond. Every country in the world is experiencing growth in both the size and the proportion of older persons in the population.

### **Common health conditions associated with ageing**

Common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. As people age, they are more likely to experience several conditions at the same time. Older age is also characterized by the emergence of several complex health states commonly called **geriatric syndromes**. They include frailty, urinary incontinence, falls, delirium and pressure ulcers.

### **Factors influencing healthy ageing**

A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole. Additional years provide the chance to pursue new activities such as further education, a new career or a long-neglected passion. Older people also contribute in many ways to their families and communities. Yet the extent of these opportunities and contributions depends heavily on one factor: **HEALTH**

**If people can experience these extra years of life in good health and if they live in a supportive environment, their ability to do the things they value will be little different from that of a younger person.** If these added years are dominated by declines in physical and mental capacity, the implications for older people and for society are more negative.

### **Key facts**

**All countries face major challenges to ensure that their health and social systems are ready to make the most of this demographic shift.**

**In 2050, 80% of older people will be living in low- and middle-income countries.**

**The pace of population ageing is much faster than in the past.**

**In 2020, the number of people aged 60 years and older outnumbered children younger than 5 years.**

**Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.**

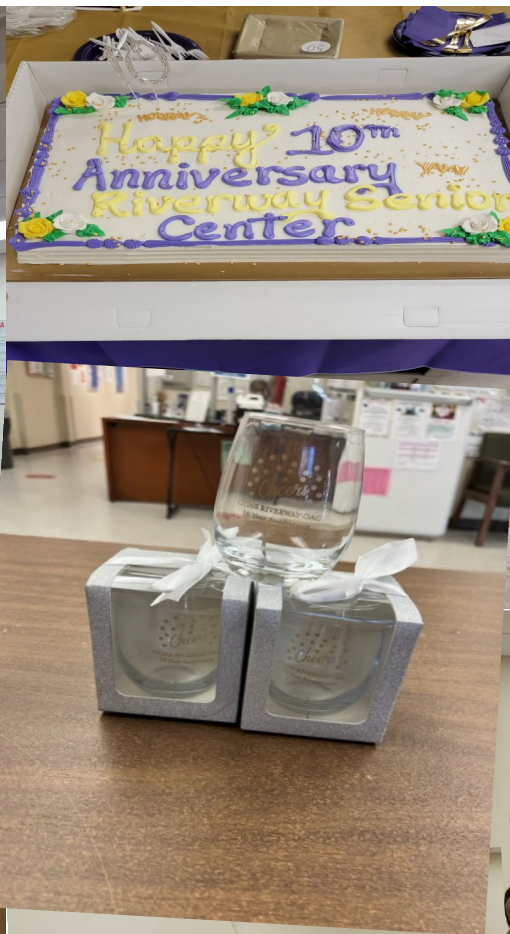
### **Challenges in responding to population ageing**

Older people are often assumed to be frail or dependent and a burden to society. **Public health professionals, and society, need to address these and other ageist attitudes**, which can lead to discrimination, affect the way policies are developed and prevent opportunities older people may have to experience healthy aging.

**We are all in this together to make a better life for all, and it will impact our communities, our families and our future.**

**Stay Safe and Stay Well – Madhavi Menon Strohl**

# Riverway OAC 10 Year Anniversary \*\*\*\*\* April 27, 2023









# Happy Mothers Day



## APPRECIATION

BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE  
HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL

MOM  
MOTHER  
NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER

## THE BEST

WARM  
WISE

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.





# Tea Party

## WORD SEARCH

**DIRECTIONS:**  
Find and circle the words in the grid. Look for them in all directions including backwards and diagonally.

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

Afternoon

Biscuits

Chai

Chamomile

China

Conversation

Cookies

Cream

Cupcakes

Dresses

Flowers

Ginger

Honey

Ladies

Lemon

Lilac

Manners

Milk

Napkins

Pearls

Sandwiches

Scones

Serve

Sugar

Teacup

Teapot

Teaspoon

White Gloves



## RIVERWAY SENIOR CENTER

230 Riverdale Ave  
Phone: (718) 942-5345

Open Monday—Friday 8:30am—  
4:30pm

### SENIOR CENTER STAFF

Ron Carson— <b>Dir. Field Operations</b>	Harri Ramnanan— <b>Driver</b>
Leticia Knowles— <b>Program Director</b>	Darryl Brown— <b>Driver/Kitchen Aide</b>
Dorothy Craig— <b>Case Manager</b>	Jamella Thomas— <b>Kitchen Aide</b>
Yolanda San Juan— <b>Administrative Assistant</b>	Robert Walker — <b>Maintenance</b>
Pek Yeoh— <b>Program Aide/ Chinese Translator</b>	

**Happy Birthday to all May Members!!**

### ADVISORY COUNCIL

Mildred Jasper	President
Maxine Irby	Vice President
Elena Pascal	Secretary
Donnett Abrams	Treasurer

### Board Helpers

Lorna Bynoe  
Barbara Clark  
Cecelia Foster

### Happy Birthday May Honorees



### *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.

